

How to get the best from **Your** **Microwave Oven**



Use and Care of Spacemaker®
model JVM64

Features of your oven p5

How to use the
AUTO COOK feature p12

How to use the
AUTO ROAST feature p14

How to use the
AUTO DEFROST feature p16

Oven shelf guide p30

Save time and money.
Before you call for service,
use the Problem Solver p33



49-4561-2

Your Direct Line to General Electric
The GE Answer Center® 800.626.2000

Help Us Help You. . .

Read this book carefully.

It will help you operate and maintain your new Microwave Oven properly.

Keep it handy for answers to your questions.

If you don't understand something or need more help. . .
Call, toll free:

The GE Answer Center™

800.626.2000

consumer information service

or write: (include your phone number);

Consumer Affairs

General Electric Company

Appliance Park

Louisville, KY 40225

Write down the model and serial numbers.

You'll find them on a label inside the oven on the upper left side.

These numbers are also on the Consumer Product Ownership Registration Card that came with your Microwave Oven. Before sending in this card, please write these numbers here:

Model No. _____

Serial No. _____

Use these numbers in any correspondence or service calls concerning your Microwave Oven.

This microwave oven is UL listed for installation over electric and gas ranges.

Optional Accessory

Available at extra-cost from your General Electric supplier.

JX80 Charcoal Filter Kit

Add for non-vented installation.

Be sure your Microwave Oven is registered.

It is important that we, the manufacturer, know the location of your Microwave Oven should a need occur for adjustments.

Your supplier is responsible for registering you as the owner.

Please check with your supplier to be sure he has done so; also send in your Consumer Product Ownership Registration Card. If you move, or if you are not the original purchaser please write to us, stating model and serial numbers. **This appliance must be registered. Please be certain that it is.**

Write to:

General Electric Company

Range Product Service

Appliance Park

Louisville, KY 40225

If you received a damaged oven. . .

immediately contact the dealer (or builder) that sold you the Microwave Oven.

Save time and money.

Before you request service, check the Problem Solver on page 33. It lists minor causes of operating problems that you can correct yourself.

The electric output of this microwave oven is 600 Watts.

PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY

(a) Do Not Attempt to operate this oven with the door open since open door operation can result in harmful exposure to microwave energy. It is important not to defeat or tamper with the safety interlocks.

(b) Do Not Place any object between the oven front face and the door or allow soil or cleaner residue to accumulate on sealing surfaces.

(c) Do Not Operate the oven if it is damaged. It is particularly important that the oven door close properly and that there is no damage to the:

- (1) door (bent),
- (2) hinges and latches (broken or loosened),
- (3) door seals and sealing surfaces.

(d) The Oven Should not be adjusted or repaired by anyone except properly qualified service personnel.

Contents

Before Microwaving	2
Safe Instructions	3
Introduction to Your Oven	5
Set the Clock	6
Touch Control Panel	6, 7
Time Cook	8
Manual Defrosting	9
Temp Cook	10
Hold/Timer	11
Automatic Cooking	12, 13
Automatic Roasting & Chart	14, 15
Automatic Defrosting	16
Automatic Cooking Recipe Guide	17
Meats	18, 19
Vegetables	20, 21
Desserts	22, 23
Automatic Cooking Chart ...	24, 25
The Exhaust Feature	27
Care of Your Oven	28, 29
Spacemaker® Microwave Oven Shelf Guide	30, 31
Grounding Instructions	32
The Fuseblem Solver	33
Consumer Services	35
Warranty	Back Cover

Microwaving Tips

- Make sure all utensils used in your microwave oven are labeled "suitable for microwaving". Check your Cookbook for specific test to determine "microwave-safe" utensils.
- Paper towels, wax paper, and plastic wrap can be used to cover dishes in order to retain moisture and prevent spattering.
- Some microwaved foods require stirring, rotating, or rearranging. Check your Cookbook for specific instructions.
- Some foods such as unshelled eggs and hot dogs must be pierced to allow steam to escape during cooki

IMPORTANT SAFETY INSTRUCTIONS

Read all instructions before using this appliance.

When using electrical appliances basic safety precautions should be followed, including the following:

WARNING—To reduce the risk of burns, electric shock, fire, injury to persons or exposure to excessive microwave energy:

- Use this appliance only for its intended use as described in this manual.
 - Read and follow the specific "PRECAUTIONS TO AVOID POSSIBLE EXPOSURE TO EXCESSIVE MICROWAVE ENERGY" found on page 2.
 - This appliance must be grounded. Connect only to properly grounded outlet. See "GROUNDING INSTRUCTIONS" found on page 32.
 - For best operation, plug this appliance into its own electrical outlet, to prevent flickering of lights, blowing of fuse or tripping of circuit breaker.
 - Install or locate this appliance only in accordance with the provided installation instructions.
 - Do not cover or block any openings on the appliance.
 - Do not use outdoors.
 - Do not immerse power cord or plug in water.
 - Keep power cord away from heated surfaces.
 - Do not let power cord hang over edge of table or counter.
 - Do not operate this appliance if it has a damaged power cord or plug, if it is not working properly, or if it has been damaged or dropped.
 - This appliance should be serviced only by qualified service personnel. Contact nearest authorized service facility for examination, repair or adjustment.
 - As with any appliance, close supervision is necessary when used by children.
- See door cleaning instructions on page 28.
 - To reduce the risk of fire in the oven cavity:
 - Do not overcook food. Carefully attend appliance if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
 - Remove wire twist-ties from paper or plastic bags before placing bag in oven.
 - Paper towels and napkins, wax paper.** Recycled paper products can contain metal flecks which may cause arcing or ignite. Paper products containing nylon filaments should be avoided, as they may also ignite.
 - Do not use your microwave oven to dry newspapers.
 - Do not pop popcorn in your microwave oven** unless in a special microwave popcorn accessory or unless you use popcorn labeled for use in microwave ovens.
 - Do not operate the oven while empty to avoid damage to the oven and the danger of fire.** If by accident the oven should run empty a minute or two, no harm is done. However, try to avoid operating the oven empty at all times—it saves energy and prolongs life of the oven.
 - If materials inside the oven should ignite, keep oven door closed, turn oven off, and disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
 - Some products such as whole eggs and sealed containers—for example, closed glass jars—may explode and should not be heated in this oven.

(continued next page)

IMPORTANT SAFETY INSTRUCTIONS (continued)

- **Avoid heating baby food** in glass jars, even without their lids; especially meat and egg mixtures.
- **Don't defrost frozen beverages** in narrow necked bottles; especially carbonated ones. Even if the container is opened, pressure can build up. This can cause the container to burst, resulting in injury.
- **Use metal only as directed in Cookbook.** Metal strips as used on meat roasts are helpful when used as shown in Cookbook. TV dinners may be cooked in metal trays but when using shelf they must be replaced in their box. However, when using metal in microwave oven, **keep metal (other than metal shelf) at least 1-inch away from sides of oven.**
- **Cooking utensils may become hot** because of heat transferred from the heated food. This is especially true if plastic wrap has been covering the top and handles of the utensil. Potholders may be needed to handle the utensil.
- **Sometimes, the oven floor can become too hot to touch.** Be careful touching the floor during and after cooking.
- **Do not use any thermometer** in food you are microwaving unless that thermometer is designed or recommended for use in the microwave oven.
- **Remove the temperature probe from the oven when not using it** to cook with. If you leave the probe inside the oven without inserting it in food or liquid, and turn on microwave energy, it can create electrical arcing in the oven, and damage oven walls.
- **Plastic Utensils**—Plastic utensils designed for microwave cooking are very useful, but should be used carefully. Even microwave plastic may not be as tolerant of overcooking conditions as are glass or ceramic materials and may soften or char if subjected to short periods of overcooking. In longer exposures to overcooking, the food and utensils could ignite. For these reasons: 1) Use micro-

wave plastics only "and use them" in strict compliance with the utensil manufacturer's recommendations. 2) Do not subject empty utensils to microwaving. 3) Do not permit children to use plastic utensils without complete supervision.

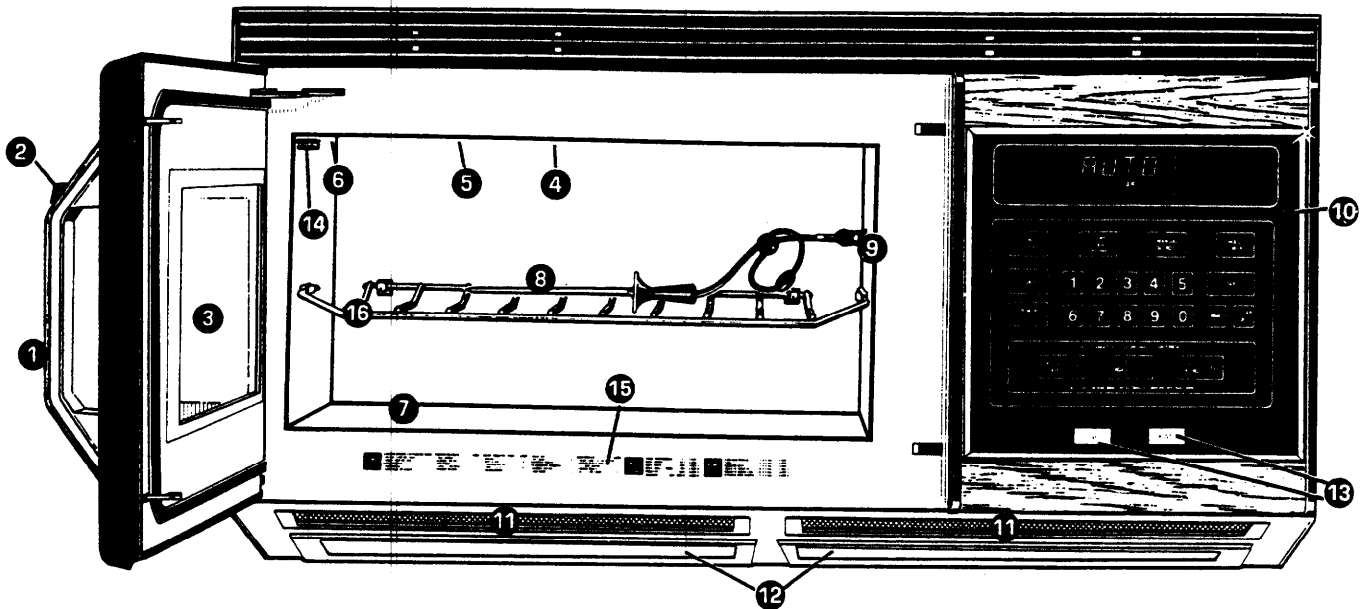
- **When cooking pork** follow our directions exactly and always cook the meat to at least 170°. This assures that, in the remote possibility that trichina may be present in the meat, it will be killed and meat will be safe to eat.
- **Boiling eggs (in and out of shell) is not recommended** for microwave cooking. Pressure can build up inside egg yolk and may cause it to burst, resulting in injury.
- **Foods with unbroken outer "skin"** such as potatoes, hot dogs or sausages, tomatoes, apples, chicken livers and other giblets, and eggs (see above) should be pierced to allow steam to escape during cooking.
- **"Boilable" cooking pouches and tightly closed plastic bags** should be slit, pierced or vented as directed in Cookbook. If they are not, plastic could burst during or immediately after cooking, possibly resulting in injury. Also, plastic storage containers should be at least partially uncovered because they form a tight seal. When cooking with containers tightly covered with plastic wrap, remove covering carefully and direct steam away from hands and face.
- **Use of the shelf accessory.** (See your Cookbook for proper use.)
 - Remove the shelf from oven when not in use.
 - Do not store or cook with shelf on floor of oven. Product damage may result.
 - Use potholders when handling the shelf and utensils. They may be hot.
 - Do not use microwave browning dish on shelf. The shelf could overheat. Use of shelf with Automatic Cooking feature is not recommended.

THE HOOD:

- **Have it installed and properly grounded by a qualified installer.** See the special installation booklet packed with the microwave oven.
- **The vent fan in your Space-maker® oven will operate automatically under certain conditions (see Automatic Fan Feature, page 7).** While the fan is operating caution is required to prevent the starting and spreading of accidental cooking fires while the vent fan is in use. For this reason:
 - Never leave surface units unattended at high heat settings. Boilover causes smoking and greasy spillovers that may ignite and spread if vent fan is operating. To minimize automatic fan operation, use adequate sized utensils and use high heat settings only when necessary.
 - In the event of a grease fire, smother flaming pan on surface unit by covering pan completely with well-fitting lid, cookie sheet or flat tray.
 - Never flame foods under the oven with the vent fan operating because it may spread the flames.
 - Keep hood and grease filters clean, according to instructions on pages 27 and 29, to maintain good venting and avoid grease fires.

SAVE THESE INSTRUCTIONS

Features of Your Oven



- 1. **Door Handle.** Oven doesn't operate unless door is securely latched.
- 2. **Door Latch.** Push in to open door.
- 3. **Window with Metal Shield.** Screen allows cooking to be viewed while keeping microwaves confined in oven.
- 4. **Plastic Mode Stirrer Cover.** Protects the mode stirrer which distributes microwave energy into the oven.
- 5. **Oven Vent.**
- 6. **Oven Light.** Goes on when door is opened or when oven is operating in any function.
- 7. **Oven Floor.**
- 8. **MicroThermometer™ Temperature Probe.** Use with Temperature Cook and Auto Roast functions only.

- 9. **Receptacle for Temperature Probe.**
- 10. **Touch Control Panel and Digital Readout Display.** For detailed information of each feature, see pages 6 and 7.
- 11. **Grease Filters.**
- 12. **Cooktop Light.**
- 13. **Hood Controls:**
 - Fan Switch.** Press once for high and twice for low speeds. Press again for off.
 - Lamp Switch.** Push and hold until lamp lights.
- 14. **Model and Serial Numbers.** Located inside oven at top left side.
- 15. **Automatic Cooking Chart.**
- 16. **Two Position Metal Shelf.** Doubles the oven capacity when reheating or cooking smaller food items. (For complete use of shelf, see pages 30-31.)

Features of Your Microwave

The Touch Control Panel allows you to set the oven controls electronically with the touch of a finger. It's designed to be easy to use and understand. With your microwave oven, you have the option of using your automatic cooking control pads for quick and easy convenience cooking. Or you may make your own programs to suit your individualized cooking style.

Readout Panel. Displays time of day, time or temperature during cooking functions, power level being used, cooking mode and pertinent instructions of what to do next.

Temp Cook. Use the temperature probe to cook by using a preset temperature. When internal food temperature reaches 80°, oven shows temperature until preset temperature is reached and then turns off. (See page 10.)

Time Cook. Microwave for a preset amount of time using automatic Power Level 10 or change power level after setting time. (See page 8.)

Clock. Touch this pad to enter time of day or check time of day while microwaving. To set clock, first touch CLOCK pad and then enter time of day. For example, if time is 1:30, touch number pads 1, 3, and 0 and 1:30 will appear in readout display. "Start" will flash on readout directing you to touch START thus setting the clock. If you wish to reset or change time, simply repeat above process.

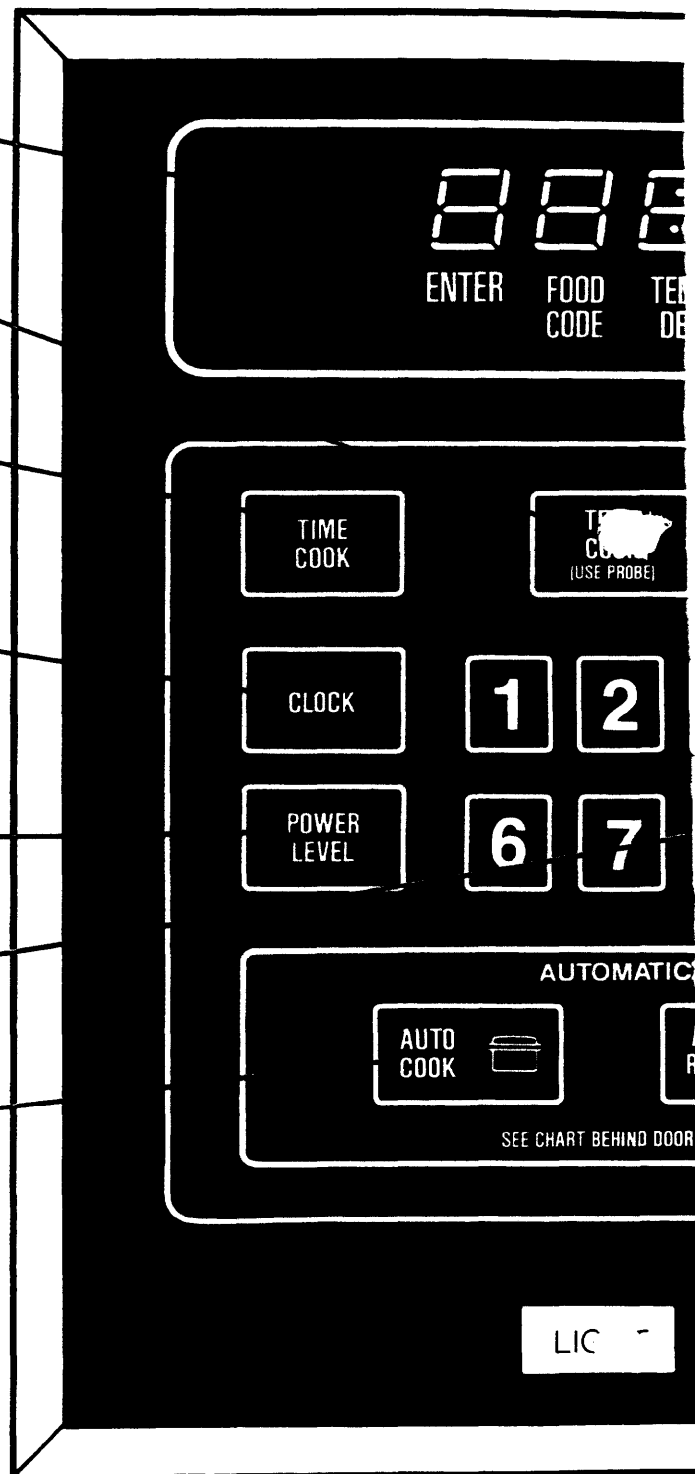
Power Level. Touch this pad before entering another power level number if you want to change from automatic Power Level 10 (HIGH) for cooking or Power Level 3 (LOW) for defrosting.

Number Pads. Touch these pads to enter Time, Temperature, Power Level, Automatic Cooking Code numbers or Auto Defrost food weight.

Auto Cook. Touch this pad and then number pad for desired Code number, and oven automatically microwaves at pre-programmed power levels and determines the proper amount of cooking times until the food is done and oven shuts off. (See pages 12 and 13.)

"ERROR" Appears On Readout:

- When using Temp Cook function, you have entered a temperature less than 80° or more than 199°.
- Door is opened during "AUTO" cycle of Automatic Cooking function. Close door and touch START.



ive Touch Control Panel

“PROBE” Appears On Readout:

- Probe has been forgotten when Auto Roast or Temp Cook functions are being used.
- Probe is not securely seated in oven wall receptacle.

When You Plug in the Oven

The readout panel displays five 8's and 18 POWER on the upper portion and all of the oven functions on the lower portion. After 15 seconds, all lights disappear and “RESET” comes on in the upper portion. Touch the CLEAR/OFF pad and oven is ready for use.

If power is disrupted at any time, the above sequence reoccurs, and you must reset CLOCK after touching CLEAR/OFF.

Manual Defrost. Gentle, more uniform thawing at automatic Power Level 3, or change power level after entering time. (See page 9.)

Hold/Timer. This feature uses no microwave energy while it functions as both a kitchen timer or as a holding period between defrost and time or temperature cooking. (See page 11.)

Start. Must touch this pad for oven to begin any functions.

Min Pad. Use with number pads to enter whole minutes.

Clear/Off. When touched, it stops the oven and erases all settings except time of day.

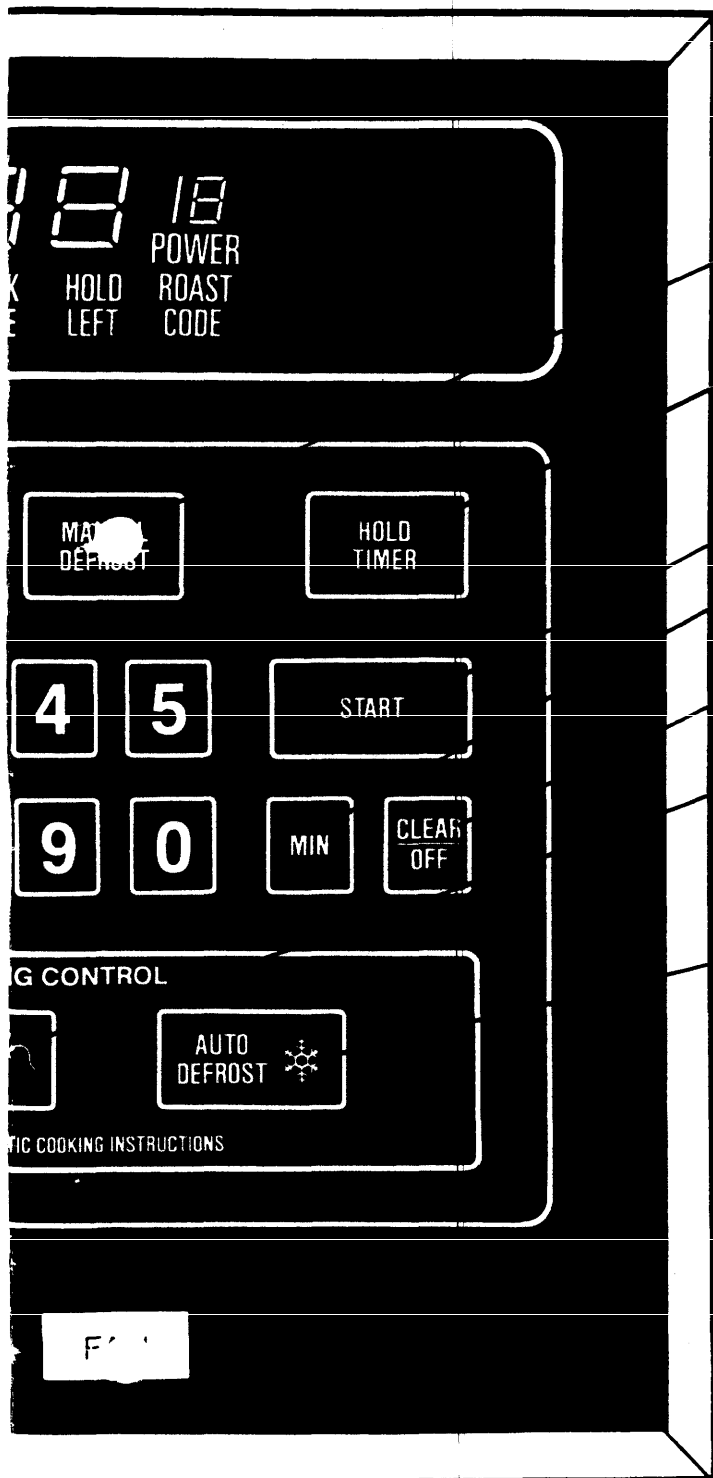
Auto Roast. Insert probe, touch this pad, and desired number pad for Code to slow-cook or temperature cook meat with automatic preset program. (See pages 14 and 15.)

Auto Defrost. Touch this pad, then Code number, food weight and the oven automatically sets Power Levels and defrosting time. (See page 16.)

AUTOMATIC FAN FEATURE

Cooking appliances installed under the oven might, under some heavy usage conditions, cause temperatures high enough to overheat some internal parts of the microwave oven.

To prevent overheating from taking place, the vent fan is designed to automatically turn on at low speed if excessive temperatures occur. Should this happen, the fan cannot be manually turned off, but it will automatically turn off when the internal parts have cooled. The fan may stay on up to approximately 30 minutes after the range and microwave oven controls have been turned off.



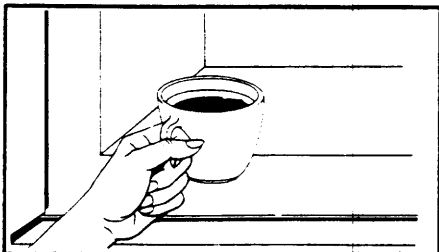
Cooking by Time

The TIME COOK feature allows you to preset the cooking time.

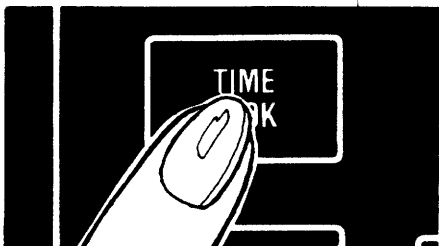
The oven shuts off automatically.

Power Level 10 is automatically set for time cooking, but you may change this for more flexibility. See your Cookbook.

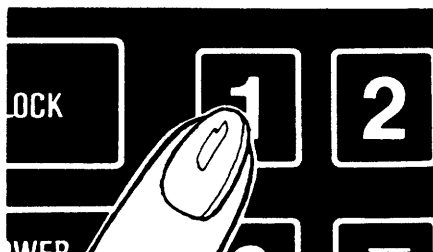
To become better acquainted with TIME COOK function, make a cup of coffee by following the steps below.



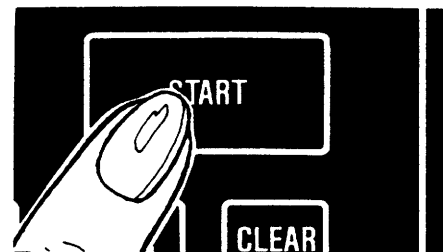
Step 1: Fill a cup $\frac{2}{3}$ full of water and add 1 teaspoon of freeze dried coffee. Use a cup that has no metal decoration. Place cup in oven and close door.



Step 2: Touch TIME COOK. The read-out panel shows :0 and Power 10. "Enter Cook Time" flashes.



Step 3: Select your time. Touch 1, 2, and 0 for a minute and 20 seconds. "Cook Time", Power 10, and 1:20 appear on the display. If another Power Level is desired touch POWER LEVEL and the number although Power Level 10 (HIGH) is preferred for this cup of coffee.



Step 4: Touch START. "Cook Time Left", Power 10, and time counting down show on display.

Step 5: When time is up, oven sounds 3 times. Display flashes "END". Oven, light, and fan shut off.

Questions and Answers

Q. I set my oven for the time called for in the recipe but at the end of the time allowed, my dish wasn't done. What happened?

A. Since house power varies due to time or location, many Time Cook recipes give you a time range to prevent overcooking. Set the oven for minimum time, test the food for doneness, and cook your dish a little longer, if necessary.

Q. I want to cook my dish on a Power Level other than HIGH, what do I need to do?

A. To change the Power Level, touch the POWER LEVEL pad. "Enter Power" flashes on the display panel. Enter the desired number.

Q. Can I interrupt my Time Cook function to check the food?

A. Yes. To resume cooking, simply close the door and touch START. NOTE: Microwave power will not come on until you are ready. You must touch START for cooking to begin.

Q. I touched the number pads and selected my power level. When I touched START, however, my oven didn't come on. Why not?

A. The TIME COOK pad must be touched before setting the number pads or else your oven will not begin cooking.

How to Use Manual Defrosting

MANUAL DEFROST

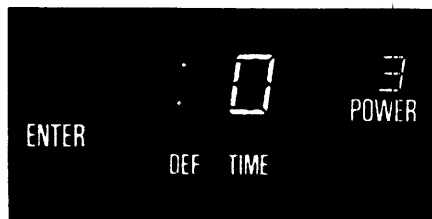
The Defrost setting is designed for even thawing necessary for large amounts of food and is one of the most important advantages of a microwave oven.

- Power Level 3 is automatically set for defrosting, but you may change this for more flexibility.
- See your Cookbook for the complete defrosting chart.

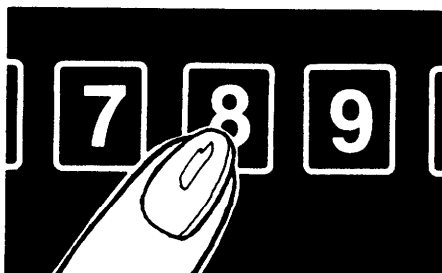
To become better acquainted with your Defrost function, defrost frozen pork chops by following the steps below.

Step 1: Place package of frozen chops in the oven and close door.

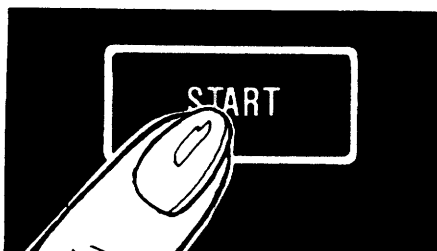
Step 2: Touch DEFROST. Display reads :0 and Power 3. "Enter Def Time" flashes.



Step 3: Touch number pad "8" then MIN Pad. "Def Time", 8:00 and Power 3 are displayed.



Step 4: Touch START. "Def Time Left" shows and time counts down on display. When cycle is completed, "END" flashes, the oven signals and automatically shuts off.

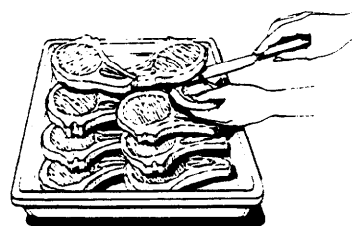


Step 5: Turn package over, close door and repeat Steps 2, 3 and 4.

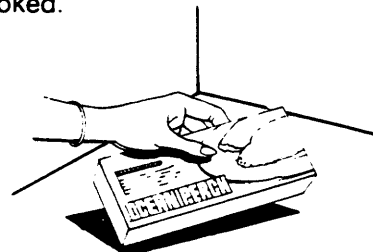
Step 6: When oven signals, "END" flashes and oven shuts off. Remove package and separate chops to finish defrosting.

Defrosting Tips

- Foods frozen in paper or plastic can be defrosted in the package.
- For even defrosting, some foods need to be broken up or separated part of the way through the defrosting time.



- Homemade dinners can be frozen in shallow foil trays and heated for later use. Select foods which microwave well.
- Pre-packaged frozen dinners can be defrosted and microwave cooked.



- Check your Cookbook for other defrosting tips.

Questions and Answers

Q. When I press START, I hear a dull thumping noise. What is it?

A. This sound is normal. It is letting you know the oven is using a Power Level lower than HIGH.

Q. Can I Defrost small items in a hurry?

A. Yes, but they will need more frequent attention than usual. Raise the Power Level after entering the time by touching POWER LEVEL and 7 or 10. Power Level 7 cuts the time in $\frac{1}{2}$; Power Level 10 cuts the time to $\frac{1}{3}$. During either, rotate or stir food frequently.

Q. Can I open the door during DEFROST to check on the progress of my food?

A. Yes. You may open the door at any time during microwaving. To resume defrosting, close the door and press START.

Q. Why don't the defrosting times in the Cookbook seem right for my food?

A. Cookbook times are average. Defrosting time can vary according to the temperature in your freezer. Set your oven for the time indicated in your Cookbook. If your food is still not completely thawed at the end of that time, re-set your oven and adjust the time accordingly.

Q. Can I select a Power Level other than automatic Power Level 3 for defrosting?

A. Yes. Some smaller foods may be defrosted quicker on higher Power Levels but for even, carefree defrosting, Power Level 3 is suggested. Check the chart in the Cookbook for specific times and Power Levels.

Q. When I'm entering minutes with no seconds do I need to touch "0" then "0"?

A. No. You touch the number pad then the MIN Pad which automatically enters two "00".

Cooking by Temperature

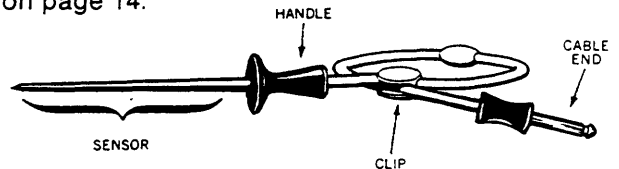
For many foods, internal temperature is the best test of doneness.

Roasts or poultry are cooked to perfection when temperature cooking. Heating or reheating foods accurately to a serving temperature you desire is simple and easy.

TEMP COOK takes the guesswork out of cooking because the oven shuts off automatically when the food is done.

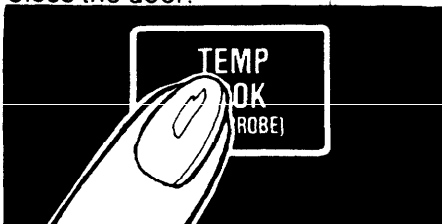
The Temperature Probe

The temperature probe is a food thermometer that gauges the internal temperature of your food; it must be used when using TEMP COOK or AUTO ROAST. Follow the directions for use and insertion on page 14.

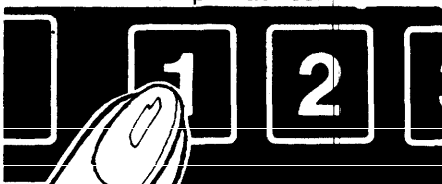


How to Temp Cook a Rolled Beef Rib Roast to Medium

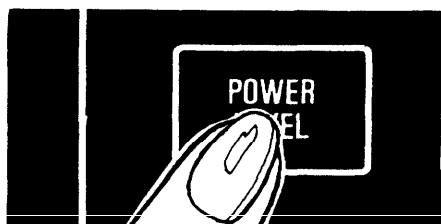
Step 1: Insert temperature probe as directed in Cookbook and attach probe securely in oven wall. Close the door.



Step 2: Touch TEMP COOK. The display panel shows F and Power 10. "Enter Temp" flashes.



Step 3: Touch 1, 3, 0 for 130°. "Temp", 130 F and Power 10 show on display.



Step 4: Touch POWER LEVEL pad. "Enter Power" flashes. Touch 5 for MEDIUM power. "Temp", 130 F and Power 5 shows on display.

Step 5: Touch START. If internal temperature of the roast is less than 80°, display will show "COOL" or if temperature is 80° or above, display shows temperature counting up.

Step 6: When 130° is reached, the oven will sound and automatically shut off. Remove probe and food from the oven.

Cooking Tips

- Use a lower power level setting; it will heat more evenly even though requiring more time.
- Be sure frozen food has been completely defrosted before inserting probe. Probe may break off if used in frozen foods.
- Always insert probe into the center of meaty areas; take care not to touch the fat or the bone.
- Insert probe as horizontally as possible into foods as directed in the recipes. Make sure the handle does not touch the food.
- Use the clip to keep the probe in place while heating.
- Cover foods as directed in Cookbook for moisture control and quick, even heating.

Questions and Answers

Q. After I followed the steps and touched START, "ERROR" flashed in the display and a signal sounded. What is wrong?

A. "ERROR" flashes on display if you set the temperature either below 80° or greater than 199°. The oven tells you between the flashing of "ERROR" what the incorrect entry was that you set. To re-enter, touch CLEAR/OFF pad and begin steps again.

Q. Are there any foods I can't TEMP COOK?

A. Yes. Delicate butter icings, ice cream, frozen whipped toppings, etc., soften rapidly at warm temperatures. Batters and doughs as well as frozen foods are also difficult to cook precisely with the probe. It is best to TIME COOK these foods.

Q. Why did "PROBE" flash on the display after I touched Start?

A. "PROBE" will flash on the display if you have not securely seated the end of the probe into the receptacle in the oven wall or if you touch TEMP COOK and have forgotten to use the probe.

Q. Can I leave my probe in the oven if it's not inserted in the food?

A. No. If the probe is left inside the oven, touching the oven wall, and not inserted in food, you may damage the oven.

Q. Can I TEMP COOK different portions of food at different temperatures?

A. Yes. The temperature probe gives you the freedom to cook different portions of food at different temperatures to suit individual eating styles. Simply place the probe in the food and change the temperature setting as needed.

How to Use the Hold/Timer

Your HOLD/TIMER, which operates without microwave energy, has three timing functions.

It operates as a Minute Timer, it can be set to delay cooking or may be used as a hold setting after defrosting. Hold/Timer can be set up to 99 minutes and 99 seconds.

Step 1: Touch HOLD/TIMER pad. The read-out panel shows :0. "Enter Time" flashes.

Step 2: Select the amount of time you desire. Touch the appropriate number pads. If, for example, you

are timing a three minute phone call, touch 3, 0 and 0. The readout panel shows 3:00 and "HOLD" appears on display.

Step 3: Touch START. The readout display shows the time as it counts down, and "Hold Time Left".

Step 4: When time is up, oven sounds. The readout flashes "END" and the timer turns off.

The HOLD/TIMER can also be used to program "standing time" between microwave cooking func-

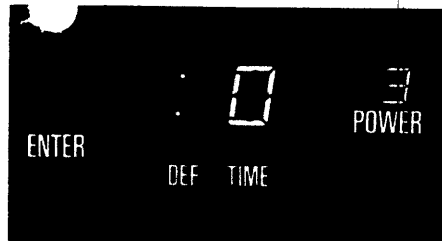
tions. The time can range from one second to 99 minutes and 99 seconds. A HOLD, or "standing" time may be found in some of your own recipes or Cookbook.

To set the oven to delay cooking up to 99 minutes follow Steps 1 and 2 to enter hold time, then set time or temperature desired before pressing START. When holding before temperature cooking, be sure probe is in food before pressing START.

How to Defrost—Hold/Time—Time Cook

To help you become acquainted with the HOLD/TIMER feature as used with Time Cook or Temp Cook follow Steps below to defrost a frozen casserole for 15 minutes, then hold 10 minutes and then cook 25 minutes. If using Temp Cook after Hold/Timer, be sure to insert probe correctly as shown on page 14.

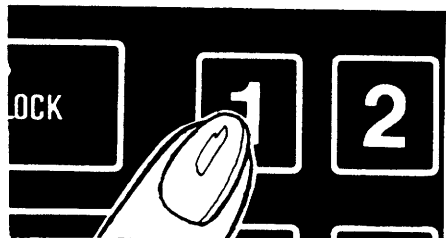
Step 1: Remove casserole from the freezer and place in oven. Touch the DEFROST pad. The readout panel shows "Enter Def Time", :0, and Power 3.



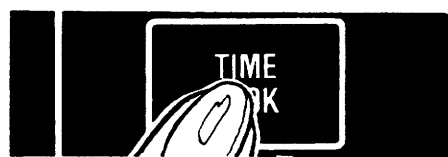
Step 2: Touch 1, 5, 0 and 0 for defrosting time. Def Time, 15:00, and Power 3 appear on the display panel. (Defrosting is automatically set on Power Level 3 but can be changed by touching POWER LEVEL pad and the new Power Level.)



Step 3: Set standing or hold time by touching HOLD/TIMER. "Enter Time" and :0 appear on display.



Step 4: Touch 1, 0, 0, and 0 to hold for ten minutes. 10:00 and "HOLD" appear on the display.



Step 5: Touch the TIME COOK pad. The display shows "Enter Cook Time", :0, and Power 10 (HIGH).

Step 6: Touch 2, 5, 0, and 0 for twenty-five minutes of cooking time. "Cook Time", 25:00, and Power 10 appear on the display panel.

Step 7: Touch START. "Def Time Left", Power 3, and 15:00 counting down show on display. As each function is automatically performed oven display shows entered information.

Questions and Answers

Q. What will happen if I accidentally reverse the instructions?

A. If you accidentally reverse the sequence of programming instructions your oven automatically rearranges your program. Defrosting always comes first, then hold, and then the cooking function.

Q. Can I Defrost-Hold only on my oven?

A. Sometimes you may want to defrost a food, hold it, and refrigerate it to be cooked later. All you need to do is program in Defrost and amount of time. Then program Hold and amount of time. Put your thawed dish in the refrigerator and cook later at a convenient time.

NOTE: Allow foods to remain at room temperature only as long as safe. Times will vary.

Q. I programmed my oven for a specific defrosting time but it defrosted longer than necessary. What happened?

A. When instructions conflict, the oven carries out the last instruction. You may have set the oven to Defrost for 4 minutes, Hold/Time for 2 minutes, and then Defrost for 6 minutes. In this case, the oven would Defrost for 6 minutes and Hold/Time for 2 minutes.

Automatic Cooking

**AUTO
COOK**



The Auto Cook pad may be used to eliminate your need to look up cooking time in the Cookbook, or guessing how long to set cooking time. By actually

sensing the steam which escapes as food microwaves, this feature automatically adjusts the oven's cooking time to various types and amounts of food. Because cooking containers must be covered, this feature is best with foods which you wish to steam or to retain moisture. Foods which are best microwaved uncovered or only lightly covered should be cooked using time or temperature settings.

After touching the Auto Cook pad, and pressing Start, you will see the word AUTO on the readout, which indicates that the sensor has been activated to sense steam from the food. To prevent the escape of steam from the oven, do not open the door while the word AUTO is on the readout. If door is opened, ERROR appears. Close door and touch START immediately.

Setting 1, which is designed for easy reheating of foods, automatically turns the oven off as soon as

MATCH THE AMOUNT OF FOOD TO THE SIZE OF THE CONTAINER. FILL CONTAINERS AT LEAST 1/2 FULL. BE SURE THE EXTERIOR OF THE COOKING CONTAINER AND INTERIOR OF MICROWAVE OVEN ARE DRY. ALWAYS COVER FOOD CONTAINERS FOR AUTO COOK AND STIR OR ROTATE AFTER BEEPING SIGNAL.

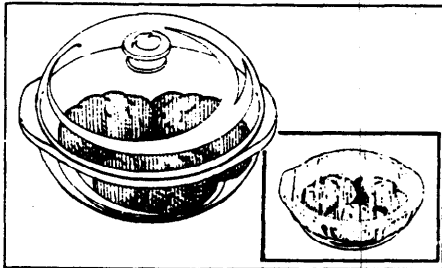
the sensor detects steam from the foods. Other Auto Cook control settings, which are for fresh or frozen foods, need additional time after steam has been sensed. For these foods, the oven determines the amount of additional time needed, then automatically switches the oven to Time Cook for the necessary cooking time remaining. Oven beeps when it switches to Time Cook (AUTO on readout is replaced by numbers indicating cooking time), and oven door can be opened for stirring or rotating food. Be careful of steam when removing tight covers. When you remove cover, direct the steam away from hands and face.

Be sure the exterior of the cooking container and interior of microwave oven are dry.

Always cover food containers using lids or plastic wrap. Plastic wrap should be loose over food to allow for expansion. Seal by pressing plastic wrap firmly around edges. For best results, never stretch plastic wrap tightly over food, or use tight-sealing plastic lids.

Always stir or rotate after beeping signal.

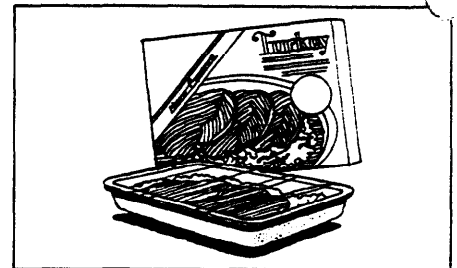
NOTE: Use of wire shelf with Automatic Cooking is not recommended.



Use microwave-safe casseroles or bowls for entrees and vegetables. Cover with lids that fit. If lids are not available, use plastic wrap. Plastic wrap should be loose over food to allow for expansion. Seal by pressing plastic wrap firmly around edges.



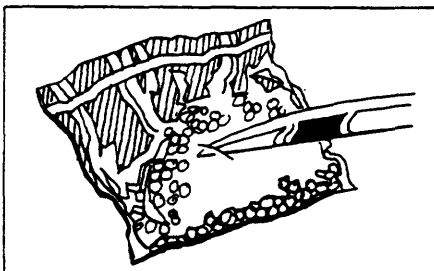
Use oblong or square containers for chicken or corn on the cob. Plastic wrap covering should be loose over food to allow for expansion. Seal by pressing plastic wrap firmly around edges.



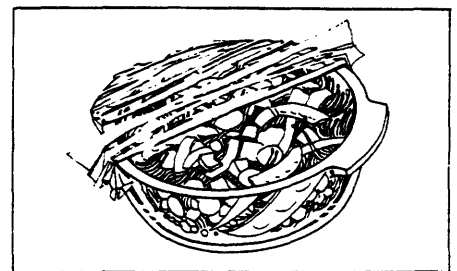
Frozen Entrees in Paperboard Tray: Do not remove film over tray; remove tray from box. Thick entrees may need longer time. See chart on page 24. **Frozen Food in Metal Tray:** Remove top foil, reinsert into box and close ends.



Do not use paper plates with automatic cooking. Use microwave-safe plates or bowls for reheating. Cover with plastic wrap (you can still use paper plates with regular Time Cooking, Defrosting, etc.).

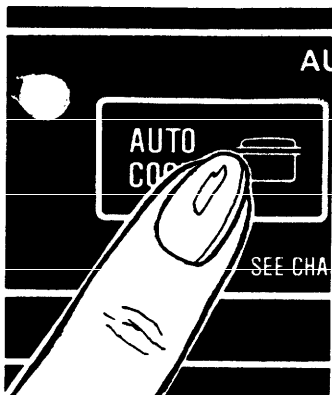


Slit plastic pouches 1-inch as shown above. Break food up thoroughly after oven signals. For alternate pouch method see page 20.

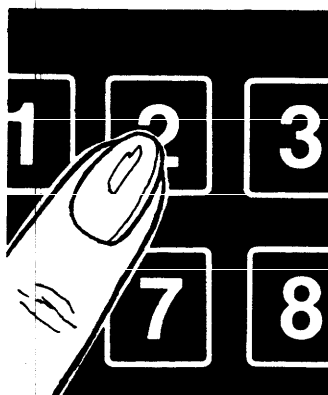


Follow control panel or Automatic Cooking Chart settings for casseroles. Cover casserole meat and vegetables with sauce. Cool hot ingredients or sauces. If not, use TIME COOK.

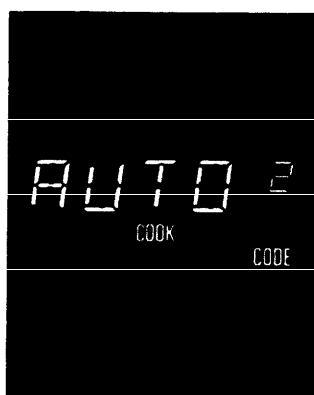
Example of How to Use Automatic Cooking



Place covered food in oven. Touch Auto Cook pad. "Enter Code" flashes on readout.



Touch number pad for desired code. Code 2 shows and "Start" flashes on readout. Touch START.



Word AUTO shows on readout, indicating steam sensor is activated. DO NOT OPEN DOOR. MAY AFFECT COOKING PERFORMANCE.



Beep sounds when steam is sensed and AUTO is replaced by cook time. Rotate or stir food. When done, oven beeps and stops.

Understanding Automatic Cooking Codes & Preference Control

Automatic cooking codes 1 through 9 are designed to give you easy automatic results with a number of foods.

Codes are arranged in lowest to highest amount of power. For example, Code 1 gives least microwave cooking power, Code 2 gives more power than Code 1, Code 3 increases power over Code 2 and so on.

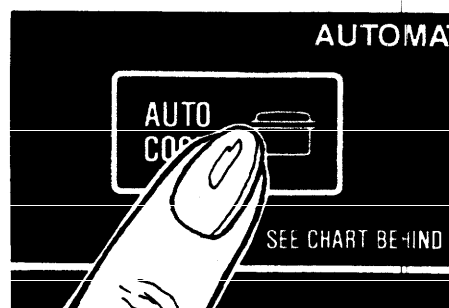
Code 1, which has the least power, is used for quick reheating jobs while the longer cooking foods like stew or chili use higher codes. A Cooking Chart and recipes, starting on page 17 give many tested uses for automatic cooking codes. Remembering that you can adjust the power up or down by increasing or decreasing the Code will give you added flexibility.

The Preference Control

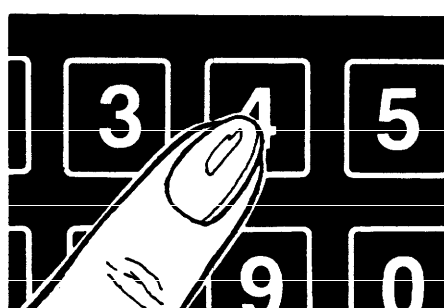
Another feature to give you more flexibility in Automatic Cooking is the preference control, which can be used to "fine tune" the power of Codes 2 through 9. By simply adding a 1 after a Code, you can set the oven to cook using 20% less time than the code would regularly deliver. For example, if Code 4 cooks your vege-

tables more done than you like them, set Code 41 next time and you will get 20% less cooking time.

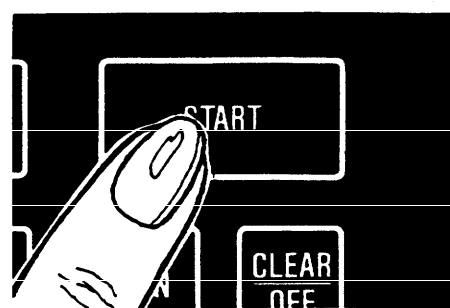
Likewise, if you wish slightly more time than a code delivers, add a 9 after the Code. For the vegetables in the example above, Code 49 would provide 20% more time for cooking than would the regular Code 4.



Touch Auto Cook Pad. "Enter Code" flashes on readout.



Touch number pads 4 and 1 in that order. Code 4 shows and "Start" flashes on readout.



Touch START. AUTO shows on readout display. DO NOT OPEN DOOR until first oven signal, then rotate dish 1/2 turn. Close door and touch START to finish cooking.

Automatic Roasting

AUTO ROAST



Auto Roast uses the temperature probe to cook to the desired serving temperature. Unlike Temp Cook, which uses a single power level, Auto Roast

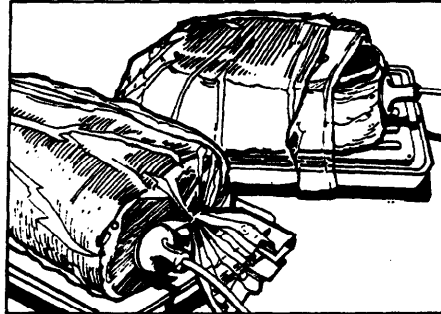
uses up to 3 power settings which automatically switch during roasting, thus providing even tender cooking results without overcooking.

Just as in conventional roasting, only tender roasts should be Auto Roasted until specified internal temperatures are reached. Less tender roasts should be microwaved by time, according to the Cookbook which comes with your oven. Complete information on preparing roasts for microwaving is in your Cookbook.

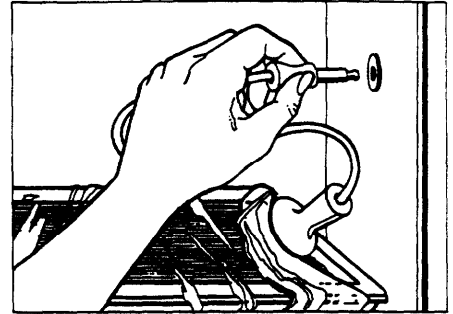
Preparing Roasts for Auto Roasting



Place tender beef roasts on trivet in microwave safe dish. Insert probe from front horizontally into center meaty area not touching bone or fat. Cover with wax paper.

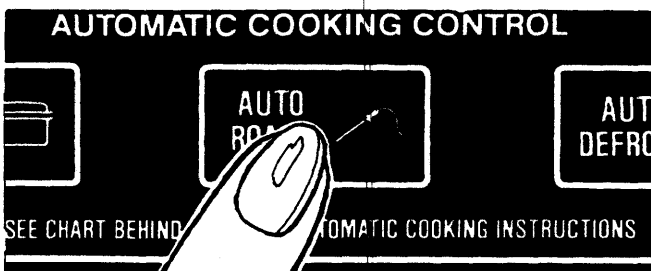


Poultry, pork or ham roasts need no trivet. Add ½ cup water to roast dish, cover with plastic wrap. (For cooking bag method, see cookbook.) Insert probe into center meaty area.



Place meat with probe in oven. Insert cable end of probe firmly into receptacle on oven wall.

How to Auto Roast Beef to Rare



1. Touch AUTO ROAST Pad. Readout flashes "Enter Roast Code". Touch number pad 2. "START" Flashes. Touch START. Readout shows AUTO.



3. Oven monitors internal temperature, automatically switching to lower power as meat's temperature rises. This prevents toughening or overcooking.



2. At 80°, readout switches to show meat's internal temperature.



4. After temperature is reached, oven switches to HOLD for 1 hr., then shuts off. Hold prevents overcooking while keeping meat warm.

Auto Roast Chart

- Use containers and coverings as directed at left. Place probe correctly in roast before cooking.
- Turn over when 80° (except pork) has been reached.

Food	Code	Turn Over Temp	Final Temp	Approx. Time (Min. per lb.)	Hold* Minutes
Beef					
Tender Roast					
Rare	2	80°	125°	12-14	5-10
Medium	3	80°	140°	14-16	10-15
Well	4	80°	170°	17-18	30
Meatloaf (loaf or round)	4	No Turn Over	170°	30-40	5-10
Pork					
Loin Roast	4	120°	170°	18-20	20
Precooked Ham	1	80°	115°	17-19	5-10
Poultry					
Whole Chicken (3lb.)	5	80°	190°	13-15	20
Turkey Breast	4	80°	170°	13-15	20

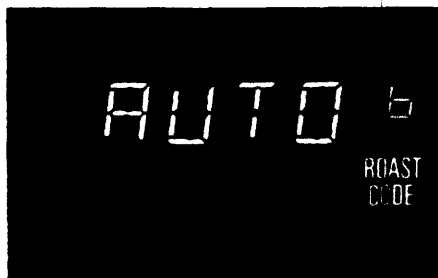
(Insert probe horizontally into meatiest area.)

*Recommended standing time before serving.

Automatic Simmer (Auto Roast Code 6)

Your Cookbook has a chapter on Automatic Simmering, including charts and recipes. Refer to this chapter for additional techniques and cooking time.

Total time includes time to bring food to 180° and hold at that temperature until done.



Set Auto Simmer like Auto Roast, example left. Readout shows AUTO until food is 80°, then switches to show food temperature until 180°.



Oven switches to HOLD at 180° until you remove food and turn off oven. If stirring is recommended, you can reset oven by retouching START. Touch CLEAR/OFF after cooking.

Automatic Simmer (Auto Roast Code 6)

Food	Approx. Time / Hrs.
Beef	
Pot Roast*	6-8
Stew	6-8
Chili	11-13
Chicken*	
Stewing	11-12
Broiler/Fryer	4-6
Ham or Pork	
Roast	4-6
Soup	
Stock/Vegetable	3-6
Split Pea	13-15

*For frozen, add 2 to 3 hours.

Automatic Defrosting

AUTO DEFROST



With the Auto Defrost feature, the oven automatically sets the defrosting time and Power Levels for you. You choose the appropriate Code number from 1 to 6

for the food you are defrosting, then enter the food weight in pounds and tenths of a pound (see Conversion Chart below) and touch START. The oven is designed to calculate the defrosting time and changes Power Levels during defrosting to give even defrosting results.

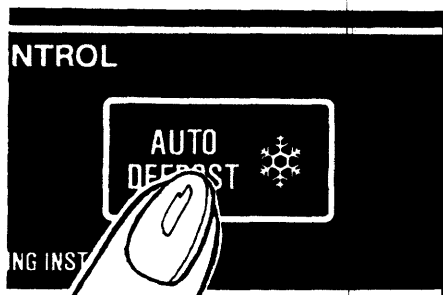
When the oven reaches half of the total defrosting time, the readout flashes "TURN", telling you to turn food over and will not continue defrosting until door is opened and "Start" is touched again.

After defrosting time is complete, the oven automatically goes into a holding period as shown on the Automatic Defrosting Chart on this page. This holding period is necessary to finish the defrosting of the interior of the food.

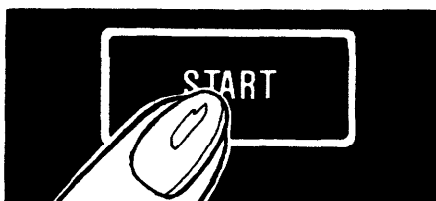
How to Set Auto Defrost

NOTE: Before you begin, check the Auto Defrost chart located at the bottom of the oven when you open the door. This chart shows minimum and maximum food weights for each Code number. You will need to know your food weight and corresponding Code before beginning. **NOTE:** If "ERROR" appears after entering food weight, check the Code Chart to make sure that weight corresponds to the Code number entered.

Step 1. Remove frozen meat from package and place in microwave-safe dish. Place in oven and close door.



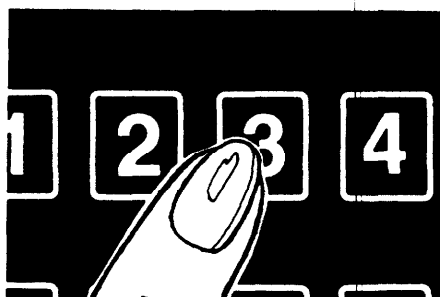
Step 2: Touch Auto Defrost Pad. "Enter Code" flashes on readout.



Step 5: Touch START pad. Defrost time begins counting down on readout.



Step 8: When defrosting time is completed, oven automatically switches to a HOLD period of 5 minutes for Code 3. "HOLD" shows in readout. When holding time is finished oven signals, "END" flashes; and oven turns off.



Step 3: Enter selected Code from Chart. For example, Ground Beef calls for Code 3.



Step 6: When 1/2 the defrosting time is completed, the oven signals and "TURN" flashes in readout instead of time counting down. Open door and turn package over.

Step 7: Close door and touch the START pad. Readout shows remaining defrosting time counting down.

Conversion Chart

If the weight is stated in pounds and ounces, the ounces must be converted to tenths (.1) of a pound.

Ounces	Pounds
1-2	.1
3	.2
4-5	.3
6-7	.4
8	.5
9-10	.6
11	.7
12-13	.8
14-15	.9



Step 4: Enter weight. For example, touch number pad 3 and 0 for weight of 3 lbs. Display shows 3.0, Code 3 and "Start" flashes.

Automatic Defrosting Chart

CODE	MIN.-MAX. WEIGHT	HOLD TIME*	RECOMMENDED FOODS	
1	.5-4.9 lbs.	5 min.	Chicken pieces	*In Auto Defrost, it is necessary to allow the meat to stand during holding time. You may take the meat out of the oven if you prefer.
2	.5-3.9 lbs.	5 min.	Fish	
3	.5-5.9 lbs.	5 min.	Ground Beef	
4	3.0-5.9 lbs.	20 min.	Roasts, Bone In	
5	3.0-5.9 lbs.	20 min.	Roasts, Boneless	
6	.5-3.9 lbs.	5 min.	Steaks and Chops	

Automatic Cooking Recipe Guide

Automatic Cooking Control is a fully automatic electronic control system that lets your microwave oven do the cooking for you. The charts and recipes in this section are designed to help you make the most of this truly new feature.

Standard cooking techniques require setting the oven for a specified cooking time or a selected finished temperature. And that means looking up recipes in a cookbook. . . trying to convert old recipes for microwave cooking. . . or just resorting to guesswork. This control method works on an entirely different basis—with a special electronic sensor that detects steam from cooking food. The oven “knows” how the food is cooking; so it can automatically set the correct cooking time and maintain the proper power level for different types and amounts of food. And it’s adjustable to suit your individual taste.

Easy to Use

Simply touch two control pads—AUTO COOK and the desired Code number—and then START. A chart on the oven control panel gives a complete list of Codes for frequently prepared foods. The readout display shows AUTO until steam is sensed and then signals, and displays time counting down. During AUTO, oven should not be opened, but when oven signals, most foods should be turned, stirred, or rotated. Check the Automatic Cooking Chart for suggestions.

Appropriate containers and coverings help assure good cooking results. Containers should match in

size to the size of the food being cooked. Coverings such as plastic wrap secured on all sides, the lid that came with the container, or microwave-safe plastic domes are ideal. For examples of containers and coverings, see page 12 and the following recipe section of this book.

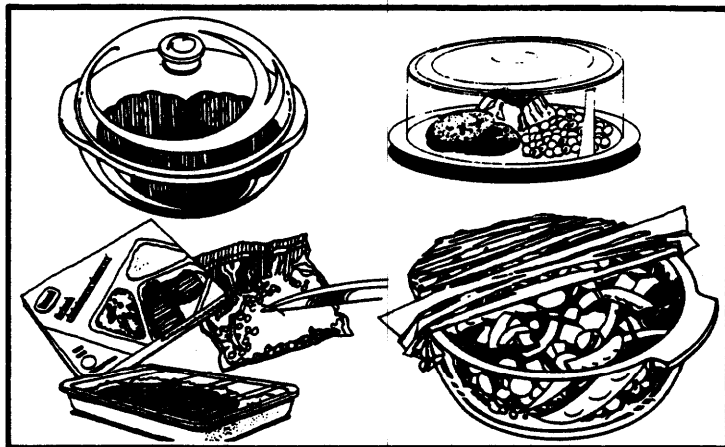
Preference Control

With Preference Control, you can adjust the Automatic Cooking Feature to your individual taste by adding either “1” or “9” after Code number. If after trying the suggested Code, you would prefer less cooking time, simply add the number “1” after the Code and the oven automatically lessens the cooking time by 20%. If you wish more cooking time, add “9” after the Code to increase cooking time by 20%.

Automatic Roasting

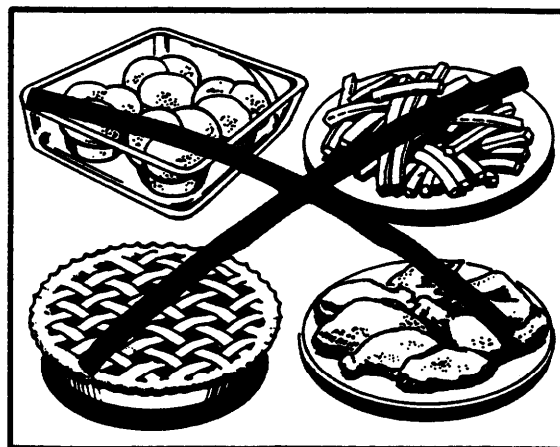
Automatic Roasting uses the temperature probe rather than the electronic sensor to cook meats evenly to the desired degree of doneness. The oven continually monitors the food’s internal temperature. Unlike ordinary Temperature Cooking, the oven changes power levels two or three times depending on the degree of doneness during cooking to give you the best results automatically. Meat is cooked evenly, without toughening because lower power levels are used as the meat temperature rises thus cooking meats evenly while retaining the natural juices. After cooking, the oven switches automatically to Hold for an hour. Food stays warm without overcooking.

Foods Recommended



A wide variety of foods including meats, fish, casseroles, vegetables, leftovers, and convenience foods can be Auto Cooked. Match container size with the food, cover securely, and do not open door during AUTO cycle. When oven signals, turn, rotate or stir as recommended in Cookbook or chart on pages 24 and 25.

Foods Not Recommended

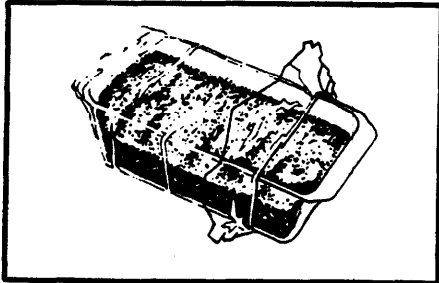


Recipes and foods which must be cooked uncovered, or which require constant attention, or adding ingredients during cooking should be microwaved by TIME COOK. For foods that microwave best using temperature probe, use TEMP COOK or AUTO ROAST. Foods requiring a dry or crisp surface after cooking cook best with TIME COOK.

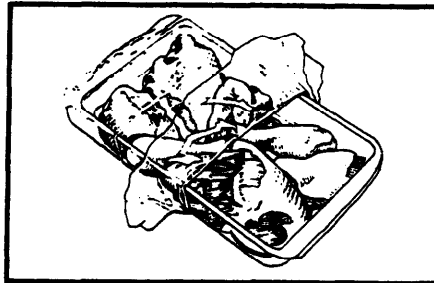
Automatic Cooking Meats and Main Dishes

The benefit is automatic setting and control of cooking, but just like conventional microwaving you must check the food after the AUTO cycle (oven beeps and cook time begins to count down on display) and turn, rotate or stir as recommended.

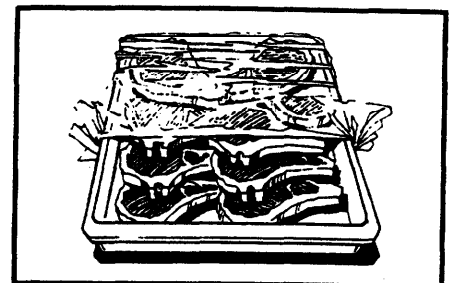
To Automatic Cook Meats



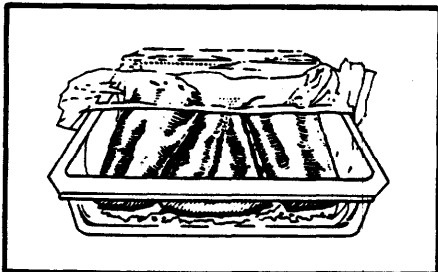
For meat and fish loaves use either the round or loaf microwave-safe containers. Fish loaves made with precooked or canned fish use Auto Cook Code 4. Beef loaf uses Auto Cook Code 8. Cover with plastic wrap and rotate $\frac{1}{2}$ turn after oven signals. See the chart on following page for recipes.



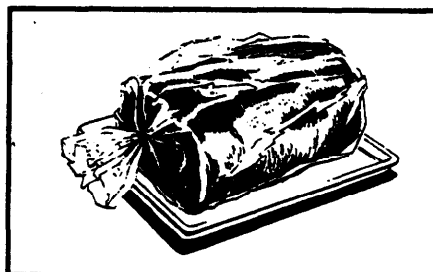
Whole Chicken, chicken breasts and pieces, or turkey parts should be placed in a microwave-safe 8-in. square dish, 12 x 8 x 2-in. dish or 3 qt. casserole. Cover securely with plastic wrap or container lid. If cooking bag is used for whole chicken, shield breast bone with small strip of foil. Rotate dish $\frac{1}{2}$ turn when oven signals. Use Auto Cook Code 4.



Pork chops automatically cook well in 8 x 12 x 2-in. dish, covered with plastic wrap. Add barbeque sauce or other sauce on each chop. Microwave using Auto Cook Code 49 which is Code 4 with the added digit 9 giving the Code 20% more time. (See page 17.)



Fish fillets, whole fish or seafood pieces should be in single layer in flat pie plate or oblong dish to fit. Cover with plastic wrap or container lid. Use Auto Cook Code 6 for fillets and Auto Cook Code 1 for seafood pieces.



Chuck or rump roasts should be placed in a cooking bag with $\frac{1}{2}$ cup water or marinade (see marinade recipes on page 98 in Cookbook) and placed in a microwave-safe dish. Cut bag to fit close to the size of the roast and tie open end securely. Cut a 1- $\frac{1}{2}$ " slit near the tie. Use Auto Cook Code 9 for cooking.



Spare ribs and brisket should be automatically cooked in round glass container with lid or plastic wrap. Make sure liquid covers meat. After oven signals, turn over or rearrange meats often.

How to Adapt Microwave Casserole Recipes

Use the following step-by-step instructions and tips when adapting your casserole recipes for Automatic Cooking.

- 1: Select recipes that do not require adding ingredients at different stages during cooking or recipes that require extra attention, stirring or rotating.
- 2: Use microwave-safe containers that are appropriate in size to the food amount. Use 3 qt. containers or less.
- 3: For saucy casseroles, cover container with lid or plastic wrap. (No vents.) For cheese or crumb-topped casseroles, remove cover after oven signals and add topping, then continue cooking uncovered.
- 4: Allow precooked ingredients or hot sauces to cool slightly before adding other ingredients.
- 5: Meats and vegetables should be submerged in liquid.
- 6: After oven signals, rotate dish $\frac{1}{2}$ turn and stir covering all ingredients with liquid.

Meat or Main Dish Recipes

MEXICAN MEATBALL CASSEROLE

Auto Cook Code 6 (Approx. Cooking Time—35 min.)

Makes 6 to 8 Servings

- 1 lb. ground chuck In large mixing bowl, place meat, bread crumbs, pepper, salt, chili powder, onion and egg. Mix well and form into 12 balls. Arrange balls in a circle in 2 qt. casserole. Set aside.
- 1/2 cup dry bread crumbs
- 1/8 teaspoon pepper
- 1/2 teaspoon salt
- 1 teaspoon chili powder
- 2 tablespoons dry minced onions
- 1 egg
- 1/2 cup regular rice In small mixing bowl place rice, beans, tomatoes and chili powder. Mix well and pour in center of casserole and over meatballs. Cover and microwave at Auto Cook Code 6. Rotate 1/2 turn when oven signals and time remaining appears on readout.
- 1 can (15½ oz.) kidney beans (undrained)
- 1 can (16 oz.) tomatoes, chopped and undrained
- 1 tablespoon chili powder

CHICKEN TERIYAKI

Auto Cook Code 4 (Approx. Cooking Time—29 min.)

Makes 4 Servings

- 1/4 cup soy sauce In 2-cup glass measure, place soy sauce, honey and sherry. Stir until blended. Add cornstarch; mix well. Microwave at HIGH (10) for 3 to 3-1/2 minutes, stirring every minute until thickened. Tie chicken legs and place in 12 x 8 x 2-in. microwave-safe dish, breast side up. Brush with half of sauce (reserve half for later use.) Cover with plastic wrap, no vent. Microwave on Auto Cook Code 4. When oven signals and time remaining appears on readout, apply remaining sauce, recover and continue cooking.
- 1/3 cup honey
- 1/3 cup sherry
- 4 teaspoons cornstarch
- 1 whole chicken (about 3 lb.)

*If breast bone seems prominent, a 1" strip of foil may be placed over bone to prevent splitting of wrap.

CHICKEN AND RICE

Auto Cook Code 7 (Approx. Cooking Time—1 hr. 15 min.)

Makes 6 Servings

- 1 can (10-1/2 oz.) condensed cream of mushroom soup ... In small mixing bowl mix soup and milk; reserve 1/2 cup of the mixture. Blend remaining soup mixture, rice, mushrooms and half of the onion soup mix. Pour into 12 X 8 x 2-in. glass dish.
- 1-1/4 cups milk (1 soup can full)
- 3/4 cup regular rice, uncooked
- 1 can (4 oz.) mushrooms, stems and pieces
- 1 pkg. (1-1/2 oz.) dry onion soup mix
- 1 cut up chicken (about 3 lb.) ... Place chicken pieces on rice mixture, arranging with meatiest pieces to outside of dish. Pour reserved soup mixture over chicken and sprinkle with remaining soup mix. Cover with plastic wrap, no vent. Microwave at Auto Cook Code 7, rotate 1/2 turn when oven signals and time remaining appears on readout.

Also try these recipes from the Microwave Guide and Cookbook.

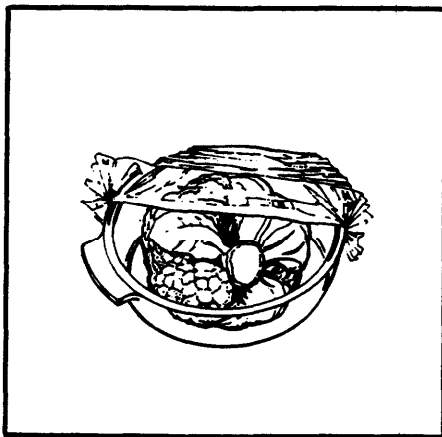
Recipe	Page No.	"Auto Cook" Code
Classic Ham Loaf	112	8
Basic Meat Balls	84	5
Sauerbraten Beef Ring	92	2
Basic Meatloaf	91	8
Crumb Coated Chicken	140	4
Pork Chops Rosado	118	6
Casserole of Beans & Sausage	131	5

Recipe	Page No.	"Auto Cook" Code
Sweet & Sour Ham	121	5
Chicken & Dressing	140	4
Round Salmon Loaf	164	4
Beef Burger Stroganoff	82	7
BBQ Franks	131	2
Cheese Stuffed Meatloaf	91	8
Polynesian Swiss Steak	97	8
Chow Mein	119	6

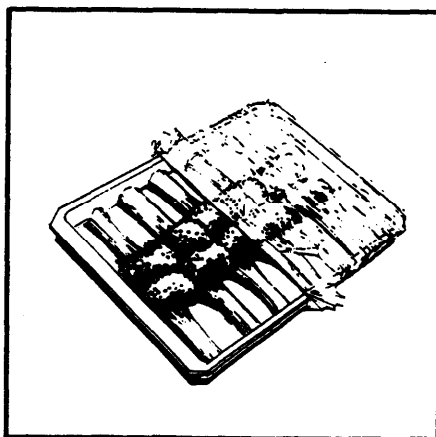
Automatic Cooking Vegetables

How to Automatic Cook Vegetables

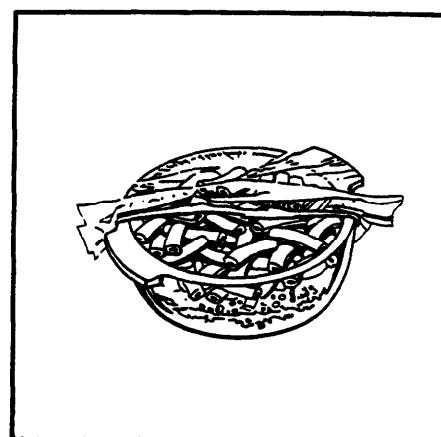
Fresh or Canned Vegetables



Whole or large halves of vegetables such as cauliflower or squash use Auto Cook Code 5. Use round or square container close to the size of vegetable. Add $\frac{1}{2}$ cup water. Cover with lid or plastic wrap. Turn cauliflower over after oven signals. For other vegetables, rotate $\frac{1}{2}$ turn when oven signals.

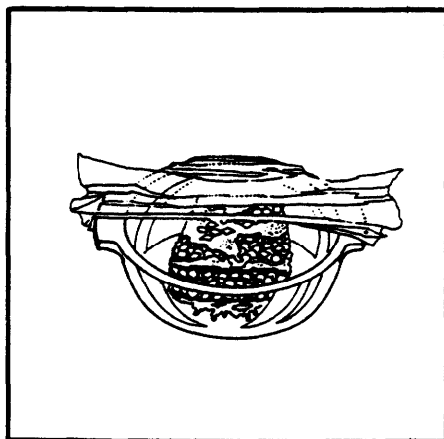


Pieces or slices of vegetables require $\frac{1}{4}$ to $\frac{1}{2}$ cup of water. Use appropriate size covered container. Stir or rotate after oven signals. Use Auto Cook Code 5.

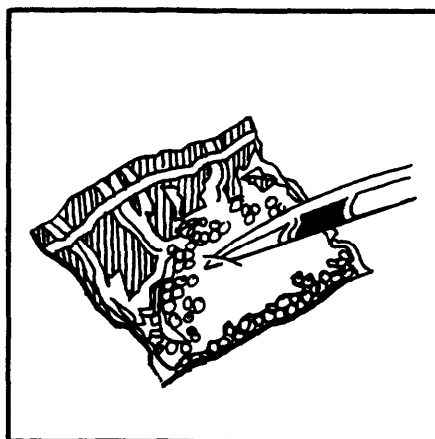


Precooked/canned vegetables should be placed in round container similar in size to amount being cooked (at least half full). Cover and stir well after AUTO cycle. Use Auto Cook Code 1.

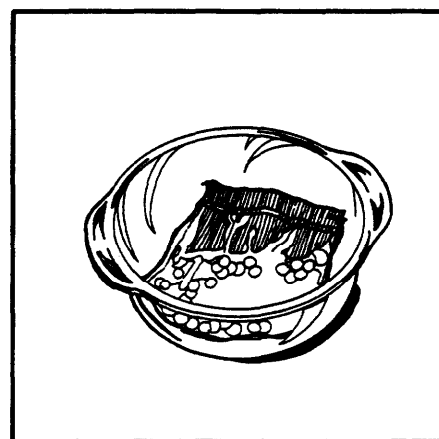
Frozen Vegetables



Block or loose pieces of frozen vegetables should be placed in suitable size container (at least half full) covered with lid or plastic wrap. Add 1 or 2 tablespoons water. Stir after oven signals. Use Auto Cook Code 3.



Pouches of frozen vegetables should be slit 1" in center before placing directly on oven floor. Use Auto Cook Code 4. After oven signals, rearrange vegetable and rotate pouch $\frac{1}{2}$ turn.



Alternately, frozen vegetables in pouches can be slit with an "X" shaped slit and placed in glass container with "X" downward. After cooking, pick up pouch and empty food into dish through "X" opening.

Vegetable Recipes

STIR FRY VEGETABLES

Auto Cook Code 5 (Approx. Cooking Time—16 min.)

Makes 4 Servings

- 1 tablespoon oil Toss vegetables with oil and butter in 2 qt. microwave-safe casserole.
- 1 tablespoon soft butter Cover. Microwave on Automatic Cook Code 5 stirring well when oven signals and time remaining appears on readout. Serve immediately.
- 3 medium onions, quartered
- 1 small green pepper, cut in 1/4-in. wide strips
- 2 cups thinly-sliced cabbage
- 2/3 cup carrots, sliced diagonally
- 1/4 cup (1 bunch) sliced green onions
- 1 cup broccoli flowerets
- 1 cup cauliflower flowerets
- 2 stalks celery, sliced diagonally

VEGETABLE LASAGNA

Auto Cook Code—Pasta 1 (Approx. Cooking Time—13 min.)

Spinach 1 (Approx. Cooking Time—5 min.)

Lasagna 2 (Approx. Cooking Time—25 min.)

Makes 6-8 Servings

- 6 lasagna noodles (1/3 pkg.) Place noodles, water and oil into a 13 X 9 X 2-in. dish. Cover with plastic wrap. Microwave on Auto Cook Code 1. Allow to stand while preparing remaining ingredients.
- 4 cups water
- 1 tablespoon vegetable oil
- 1 pkg. (10 oz.) frozen chopped spinach Remove paper wrapping from box. Place unopened box into oven and microwave on Auto Cook Code 1. Drain well.
- 1 can (8 oz.) tomato sauce In large bowl mix together tomato sauce, tomato paste, mushrooms, onion, oregano, basil, salt and garlic powder.
- 1 can (8 oz.) tomato paste
- 1 jar (4 oz.) sliced mushrooms (drained)
- 1/4 cup chopped onion
- 1 teaspoon leaf oregano
- 1 teaspoon basil
- 1 teaspoon salt
- 1/4 teaspoon garlic powder
- 2 cups (1-pt.) small curd cottage cheese In a 13 X 9 X 2-in. dish layer well drained lasagna noodles, 1 cup cottage cheese, 1/2 pkg. spinach and 1/2 of tomato sauce. Repeat. Sprinkle mozzarella cheese over top. Cover with plastic wrap. Microwave on Auto Cook Code 2. Rotating and removing wrap when oven signals and remaining time appears on readout.
- 8 oz. grated mozzarella cheese

GREEN RICE

Auto Cook Code—See Recipe (Approx. Cooking Time—22 to 25 min.)

Makes 4-6 Servings

- 1 pkg. (10 oz.) frozen chopped spinach Place box of spinach in microwave oven and partially cook on Auto Cook Code 1. Remove from box and drain well. Set aside. In 2 qt. casserole place rice and water. Cover. Microwave at Auto Cook Code 6. To cooked rice, add butter, onion, milk, egg, salt and cheese. Mix well. Cover and microwave at Auto Cook Code 2. Rotate 1/4 turn when oven signals and time remaining appears on readout. Let stand 5 minutes covered before serving.
- 1/2 cup regular rice
- 1 cup water
- 1/4 cup butter, melted
- 1/4 cup finely chopped onion
- 1 cup milk
- 1 egg, beaten
- 1/2 teaspoon salt
- 1 cup shredded cheddar cheese

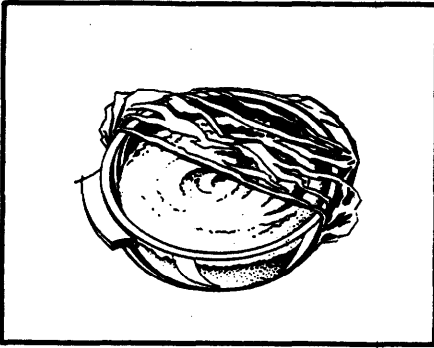
Also try these recipes from the Microwave Guide and Cookbook.

Recipe	Page No.	"Auto Cook" Code
Eggplant Italiano	220	5
Corn Pudding	219	4

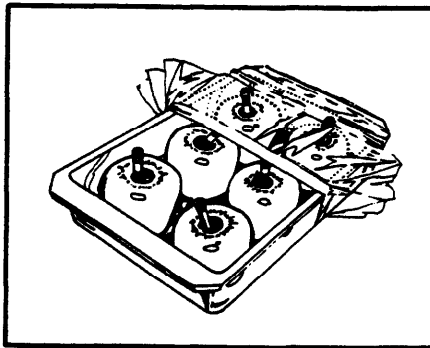
Recipe	Page No.	"Auto Cook" Code
Cabbage Rolls Italian Style	82	2
Stuffed Peppers	83	5

Automatic Cooking Fruits and Desserts

How to Automatic Cook Fruits



Pineapple Casserole is a tangy dessert or meat accompaniment. In 12 x 8 x 2-in. dish spread 2 cans (20 oz. ea.) drained pineapple chunks, 1 cup sugar and ½ cup flour. Cover and microwave on Auto Cook Code 2. When oven signals and time remaining appears on readout, remove covering and top with mixture of 2 cups buttery-flavored cracker crumbs and ½ cup melted butter. Do not recover. Touch "Start" and finish cooking.



Baked Apples automatic cook well using Auto Cook Code 2. Match number of apples to size of microwave-safe covered container (see page 246 in Microwave Guide and Cookbook). Use Auto Cook Code 2 for Baked Pears and Applesauce also.



Stewed Fruit and Fruit Compotes should be stirred well before microwaving, especially if sugar is added. Cover; use Auto Cook Code 2 and stir once or twice after oven signals and time appears on readout. Touch "Start" and finish cooking.

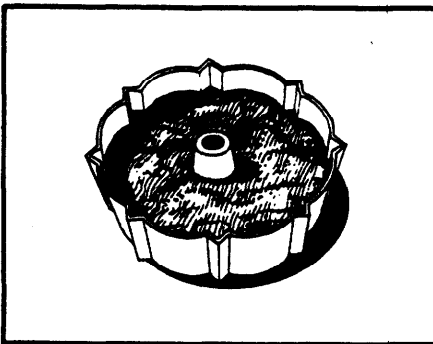
How to Automatic Cook Desserts & Breads

After preparing the ingredients for the individual recipe as shown below the picture, follow these steps for cooking.

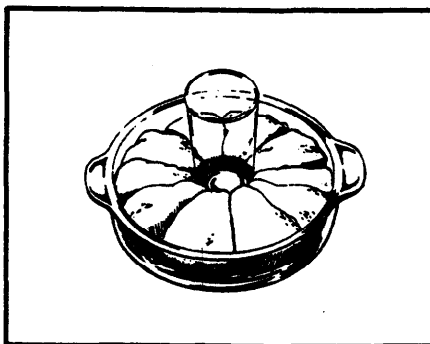
Step 1: Cover with plastic wrap and use Auto Cook Code 3.

Step 2: When oven signals and time remaining appears on readout, remove covering and rotate dish ½ turn.

Step 3: When cooking is finished, turn out (upside down) the Nut Cake and Cornbread. Invert Caramel Biscuit Ring and let dish stand over ring a few minutes before serving.



Nut Topped Cakes are easy to cook automatically. Grease bottom and sides of microwave-safe fluted cake container and sprinkle bottom evenly with 1/3 cup chopped nuts or coconut. Carefully pour batter from one box (2-layer size) cake mix over nuts, cover with plastic wrap. See Steps above for Automatic Cooking.



Caramel Biscuit Ring uses Auto Cook Code 3. Spread ¼ cup melted butter and ½ cup brown sugar in 8-in. round glass dish. Sprinkle with cinnamon and ½ cup chopped nuts if desired. Arrange 1 can (10 oz.) refrigerated biscuits around edges and place drinking glass, open end up, in center. See Steps above for Automatic Cooking.



Bacon and Cheese Topped Cornbread: Distribute ½ cup chopped crisp fried bacon and 1 tablespoon Parmesan cheese in greased 8-in. round glass dish. Carefully pour batter from 1 pkg. (8½ oz.) cornbread mix or use batter from cornbread ring page 232 in The Microwave Guide and Cookbook, over above ingredients. See Steps above for Automatic Cooking.

EASY CHOCOLATE CAKE

Auto Cook Code 3 (Approx. Cooking Time—18 min.)

Makes 1 (10-in.) Tube Cake

- 1 pkg. (2-layer size) fudge cake mix In large bowl place cake mix, eggs, vanilla, oil and water. Blend on medium speed of mixer, about 2 minutes, until smooth and creamy.
- 2 eggs
- 1 teaspoon vanilla extract
- 2/3 cup cooking oil
- 1-1/4 cups water
- 1/4 cup finely chopped pecans Lightly grease a 16 cup plastic microwave fluted or straight-sided ring mold. Sprinkle chopped nuts evenly over bottom. Pour batter over nuts.
- Cover with plastic wrap and microwave on Auto Cook Code 3. Rotate dish 1/4 turn and remove wrap when oven signals and remaining time appears on readout. Touch "Start" and continue cooking. Let stand in dish 5 minutes before turning out.

CHERRY COBBLER

Auto Cook Code 3 (Approx. Cooking Time—16 min.)

Makes 6 to 8 Servings

- 1 can (20-22 oz.) prepared cherry pie filling In 8-in. square glass dish, spread pie filling.
- 2 cups dry yellow or white cake mix (1 pkg. [9. oz.] or 1/2 pkg. [17. oz.]) In small bowl, mix together cake mix, butter, nuts, and cinnamon until crumbly. Sprinkle evenly over cherries or, in three rows so cherries are visible. Cover with plastic wrap.
- 1/4 cup melted butter
- 1/2 cup coarsely chopped nuts
- 1 teaspoon ground cinnamon
- Microwave on Auto Cook Code 3 rotating dish 1/2 turn and removing plastic wrap when oven signals and remaining time appears on readout. Touch "Start" and continue cooking.

PINEAPPLE UPSIDE DOWN CAKE

Auto Cook Code 3 (Approx. Cooking Time—10 min.)

Makes 1 (8-in. round) Cake

- 1/4 cup butter In 8 in. round dish place butter. Microwave at HIGH (10) for 3/4 to 1 minute until melted. Sprinkle sugar over butter. Drain pineapple (save liquid) on paper towels and arrange in dish. Decorate with cherries.
- 1/3 cup brown sugar (packed)
- 1 can (8-1/4 oz.) pineapple slices
- 4 maraschino or candied cherries, cut in half
- Place a 2" diameter drinking glass (4" tall) open side up in center of dish.
- 3/4 cup all purpose flour In small mixer bowl place flour, sugar, baking powder, salt, shortening, egg, liquid and vanilla. Beat 3 minutes on lowest mixer speed, scraping bowl constantly first 1/2 minute. Carefully spread batter over fruit in dish. Cover with plastic wrap—no vent. Microwave on Auto Cook Code 3. Rotate 1/4 turn and remove wrap when oven signals and time remaining appears on readout. Touch "Start" and continue cooking.
- 1/2 cup sugar
- 1-1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/4 cup soft shortening
- 1 egg
- liquid from pineapple (1/3 c.)
- 3/4 teaspoon vanilla extract

**Tip: Use a small drinking glass like the type you buy containing cheese spreads.*

Also try these recipes from the Microwave Guide and Cookbook.

Recipe	Page No.	"Auto Cook" Code
Cherry Caramel Ring	234	3
Pillsbury Yellow-Bundt	272	3
Pillsbury German Choc.-Bundt	272	3
Applesauce	246	9
Stewed Dried Fruit (Apple-Apricot)	248	2

Recipe	Page No.	"Auto Cook" Code
Basic Bread Pudding	253	3
Steamed Pudding	280	4
Streuseled Apples	246	2
Cornbread Ring	232	3
Steamed Brown Bread	232	7

Automatic Cooking Control Chart

- Do not open oven door during AUTO cycle. May effect cooking performance. After first beeping signal (time appears on readout for codes except Code 1), stir or rotate food.
- Match the amount of the food to the size of the container. Fill containers at least ½ full.
- Add ¼-½ cup water to fresh vegetables. Stir or turn over vegetables and meats after first beeping signal.
- Use microwave-safe plates or casseroles, except DO NOT USE PAPER PLATES with Automatic Cooking.
- Be sure the exterior of the cooking container and interior of microwave oven are dry.
- Stir or rotate after oven signals and time appears on readout.
- Use of Automatic Cooking feature with wire shelf is not recommended.

Food	"Auto Cook" Code	Container	Approx. Time	Comments
Reheating and Frozen Foods: Canned Foods Room Temp. or thin (small amounts at refriger. temp.) Refriger. temp. or thick (large amounts at room temp.)	1	Microwave-safe container matched to size of food.	2-3 min./cup	Cover with plastic wrap or lid to dish.
	2	"	4 min./cup	2 or more servings are considered large amounts. Cover with plastic wrap or lid.
Deli Foods	1	Microwave-safe container matched to size of food.		Cover with plastic wrap or lid to dish.
Entrees Frozen Thin (under 1") Thick (over 1") 10 oz. 21 oz.	3	Cook in container. (see comments)	12-14 min.	Cook in own container, or for quicker cooking, in glass container. NOTE: If entree is in aluminum pan, remove from box, remove lid and put back in original closed box. If entree is in paperboard container, remove from box and microwave with original plastic covering.
	4	Cook in container. (see comments)	16-18 min.	
	4	"	25-35 min.	
Leftovers	1	Microwave-safe container matched to size of food.	2-3 min./cup	Use bowl with plastic wrap or cover plate with microwave-safe plastic dome.
TV Dinner (10-12 oz.)	4	Cook in container. (see comments)	17-19 min.	Remove foil top and put back in box. If dinner has cake or brownies, remove before cooking.
Cooking: Bacon (4 slices)	5	12 x 8 x 2-in. glass dish lined with paper towels. Cover with plastic wrap.	6-8 min.	When oven signals, rotate ½ turn.
Casseroles Precooked ingredients Raw meats & Poultry	6	2 qt. casserole with lid or cover with plastic wrap.	35-45 min.	Make sure liquid covers all ingredients. When oven signals, stir well.
	7	"	45-55 min.	"
Chicken Breasts (4) Casserole Pieces Whole (3 lbs.)	41	12 x 8 x 2-in. glass dish. Cover with plastic wrap. NOTE: Make sure meat doesn't touch covering.	22-26 min.	No additional liquid needed. When oven signals, rotate ½ turn. Note the preference control 1 is used with breasts to decrease cooking time for best results.
	7	"	60-70 min.	When oven signals, stir well and rotate ½ turn.
	4	"	2-4 min./piece	No additional liquid needed. When oven signals, rotate ½ turn.
Whole (3 lbs.)	4	12 x 8 x 2-in. glass dish or cooking bag. Cover with 2 pieces of overlapping plastic wrap.	42-44 min.	Put on trivet and sit as straight as possible. Rotate ½ turn when oven signals.
	9	13 x 9 x 2-in. glass dish. Put in cooking bag and secure with tie. Slit bag 1" at top near tie.	1 hr. 30 min.- 1 hr. 40 min.	Add ½ cup water. When oven signals, rotate ½ turn.
Fish Filets (1 lb.)	6	12 x 8 x 2-in. glass dish. Cover with plastic wrap.	20 min.	Baste with butter and lemon juice. When oven signals, rotate ½ turn.
Fruit Baked Apples (4) Baked Pears (4)	2	2 qt. casserole with lid.	14-18 min.	Core apples. No water needed. When oven signals, rotate ½ turn.
	2	"	14-18 min.	Core pears. No water needed. When oven signals, rotate ½ turn.

IF AFTER COMPLETION OF AUTO COOK CYCLE FOOD NEEDS ADDITIONAL WARMING, SIMPLY RECOVER FOOD AND USE AUTO COOK CODE #1.

Automatic Cooking Control Chart (continued)

Food	"Auto Cook" Code	Container	Approx. Time	Comments
Lamburger Casserole	7	2 qt. glass dish with lid.	45-55 min.	Make sure liquid covers all ingredients. When oven signals, stir well and rotate ½ turn.
Meatloaf (1½ lb.)	8	Glass loaf dish. Cover with plastic wrap.	30-40 min.	When oven signals, rotate ½ turn.
Patties (4-5)	5	8" square dish. Cover with plastic wrap.	12-14 min.	When oven signals, rotate ½ turn.
Pork Sausage Patties (½" thick—4)	5	8" glass square dish. Cover with plastic wrap.	8 min.	When oven signals, rotate ½ turn.
Chops (¾-1" thick)	49	12 x 8 x 2-in. glass dish. Cover with plastic wrap.	33-38 min.	Baste with 1 tbsp. barbeque sauce/chop. When oven signals, rotate ½ turn. NOTE: The Preference Control 9 is used for chops to increase cooking time for better results.
Spare Ribs (up to 3 lb.)	9	2 qt. glass dish. Cover with lid or plastic wrap.	1 hr. 30 min.-1 hr. 50 min.	Meat must be covered with liquid. When oven signals, rearrange meat making sure it is submerged in liquid. It may be necessary to rearrange another time during final cooking.
Rice Instant (Minute-1½ cups)	2	2 qt. glass dish with lid.	9 min.	Follow instructions on package. Cover. When oven signals, stir.
Raw (1 cup)	6	"	24 min.	Use 1 cup rice & 2 cups water. When oven signals, rotate ½ turn.
Seafood Pieces (1 lb. Shrimp or scallops)	1	1½ qt. glass dish with lid.	5-6 min.	When oven signals, rotate ½ turn.
Casserole	6	2 qt. casserole with lid or cover with plastic wrap.	35-45 min.	Make sure liquid covers all ingredients. When oven signals, rotate ½ turn or stir.
Swiss Steak (1½ lb. round steak)	7	3 qt. casserole with lid.	55-60 min.	Cut into pieces. Make sure liquid covers all meat. When oven signals, stir & rotate ½ turn.
Vegetables Fresh				
Artichokes (up to 4 med.)	2	2 qt. glass dish with lid.	10-12 min.	Place artichokes in dish stem side down. Add ¼ cup water. Rotate dish ½ turn after oven signals.
Carrots (1 lb. sliced)	5	"	13 min.	Add ½ cup water. When oven signals, stir well.
Cauliflower (1 med. head)	5	"	15 min.	No water needed. Start cooking stem side down. At signal turn over.
Asparagus (1 lb. cut spears)	5	12 x 8 x 2-in. glass dish. Cover with plastic wrap.	14 min.	Add ¼ cup water. When oven signals, rotate ½ turn.
Brussel Sprouts (1 lb.)	5	1½ qt. glass dish with lid.	11 min.	"
Potatoes 1	5	1 qt. glass dish with lid.	6-9 min.	When oven signals, rotate ½ turn. NOTE: Watch hot dish & steam!
3	5	2 qt. glass dish with lid.	14-16 min.	"
Frozen Block (10 oz.) Broccoli	31	1½ qt. glass dish with lid.	18-20 min.	Add 2 tbsp. water. When oven signals, stir well. NOTE: The Preference Control 1 is used for broccoli to decrease cooking time for better results.
Brussel Sprouts	3	"	16-18 min.	Add 2 tbsp. water. When oven signals, stir well.
Leaf Spinach	3	"	11-13 min.	"
Mixed Vegetables	3	"	10-12 min.	"
Frozen Pouch Baby Limas	4	Lay pouch in microwave-safe dish. No cover needed.	8-10 min.	Make a 1" slit in pouch. When oven signals, break up frozen center, and rotate ½ turn. NOTE: Watch for hot steam.
Corn	4	"	8-10 min.	"
Peas	41	"	8-10 min.	Make a 1" slit in pouch. When oven signals, break up frozen center, and rotate ½ turn. NOTE: Watch for hot steam. NOTE: Preference Control 1 is used for peas to decrease cooking time for best results.
Spinach	4	"	10-12 min.	Make a 1" slit in pouch. When oven signals, break up frozen center, and rotate ½ turn. NOTE: Watch for hot steam.

*Excessively dry potatoes may not release enough moisture to activate sensor. Be sure potatoes are fresh not old and dried-out.

Questions and Answers

Q. Why does my oven automatically cut off after the AUTO cycle when using Auto Cook Control Code 1 when it does not for other settings?

A. When using Code 1, there is no second phase of minutes counting down. All the cooking is completed in the first phase or AUTO.

Q. If my food is not completely cooked after using the suggested Auto Cook Control Code, what should I do?

A. Thick starchy or dense foods may require some additional time cooking. Use TIME COOK and Power Level 10 for a few minutes until completion.

Q. Do all fresh or frozen vegetables require a standing period after cooking with AUTO COOK?

A. Most vegetables are cooked to a crisp state during Auto Cook, just as in regular microwaving. Therefore, it is recommended that you let the vegetables stand for up to 5 minutes depending on size and density of pieces. This standing time also enhances the overall flavor and appearance of most vegetables.

Q. What if I don't fully cover the dish in Auto Cook?

A. Oven senses steam too quickly which shortens the cooking time thus leaving undercooked dish. Recover tightly and reset Auto Cook.

Q. Do the shapes and sizes of food make a difference when using Auto Cook?

A. Yes, in some cases, larger pieces will require additional Time Cooking. Be sure to check suggested arrangement of pieces in the dish, since proper arrangement is often a successful tip in regular microwaving.

Q. Should I use Auto Cook to cook pudding or sauces?

A. Most pudding and sauce recipes require stirring many times during cooking; therefore, Time Cook is recommended since you should not open the door during the AUTO phase of cooking without affecting end cooking results.

Q. My scalloped potatoes were not completely cooked when I removed the dish after Auto Cook. What is wrong?

A. If you prepared the sauce in the oven prior to combining the sauce with potatoes, there may have been too much remaining moisture in the oven. Make sure you dry the oven completely before using Auto Cook since this function operates properly by sensing steam in the oven. Also, starting Auto Cook with hot foods creates steam in the oven too soon, and decreases the first sensing cycle.

Q. Are there any other foods which are best Time Cooked, rather than Auto Cooked?

A. Bakery foods, candies, melted chocolate or foods when a dry or crisp surface is desirable, are cooked best by Time Cook.

Q. Do fresh or frozen vegetables require water when using Auto Cook?

A. Yes. Add water as recommended on chart to the vegetables and cover well for even, complete cooking.

Q. Would my plastic containers with very tight fitting lids be appropriate for Automatic Cooking?

A. No, most types of plastic storage dishes, butter tubs, etc. with tight fitting lids are not recommended for microwaving. Also tight fitting plastic lids may prevent adequate steam from escaping and food may not cook properly during Automatic Cooking.

Q. I tried to warm some chow mein noodles using Auto Cook. Why didn't this work?

A. Food must have some moisture in order to create steam which helps the auto sensor function. Extremely dry foods such as chow mein noodles, potato chips and other such foods do not have enough moisture.

Q. May I use Auto Cook when I am cooking many foods in more than one dish or casserole?

A. No, because of different food densities, attention needed during cooking, and food amounts, it is best to use TIME COOK when cooking many foods.

Q. Why was my roast not fully cooked even though the temperature on the readout was correct and Auto Roast completed?

A. When cooking with Auto Roast, the temperature probe must be inserted properly as fully described in the Cookbook.

Q. Are there any particular trivets that work better than others?

A. Yes, flat glass trivets such as lids or dish covers give more even cooking results than plastic trivets. Also, ceramic ridge-bottomed roasting dishes work well. Plastic trivets require meat to be turned over more frequently because the grid design and legs allow the bottom of the meat to stay cooler as it cooks, than glass trivets do.

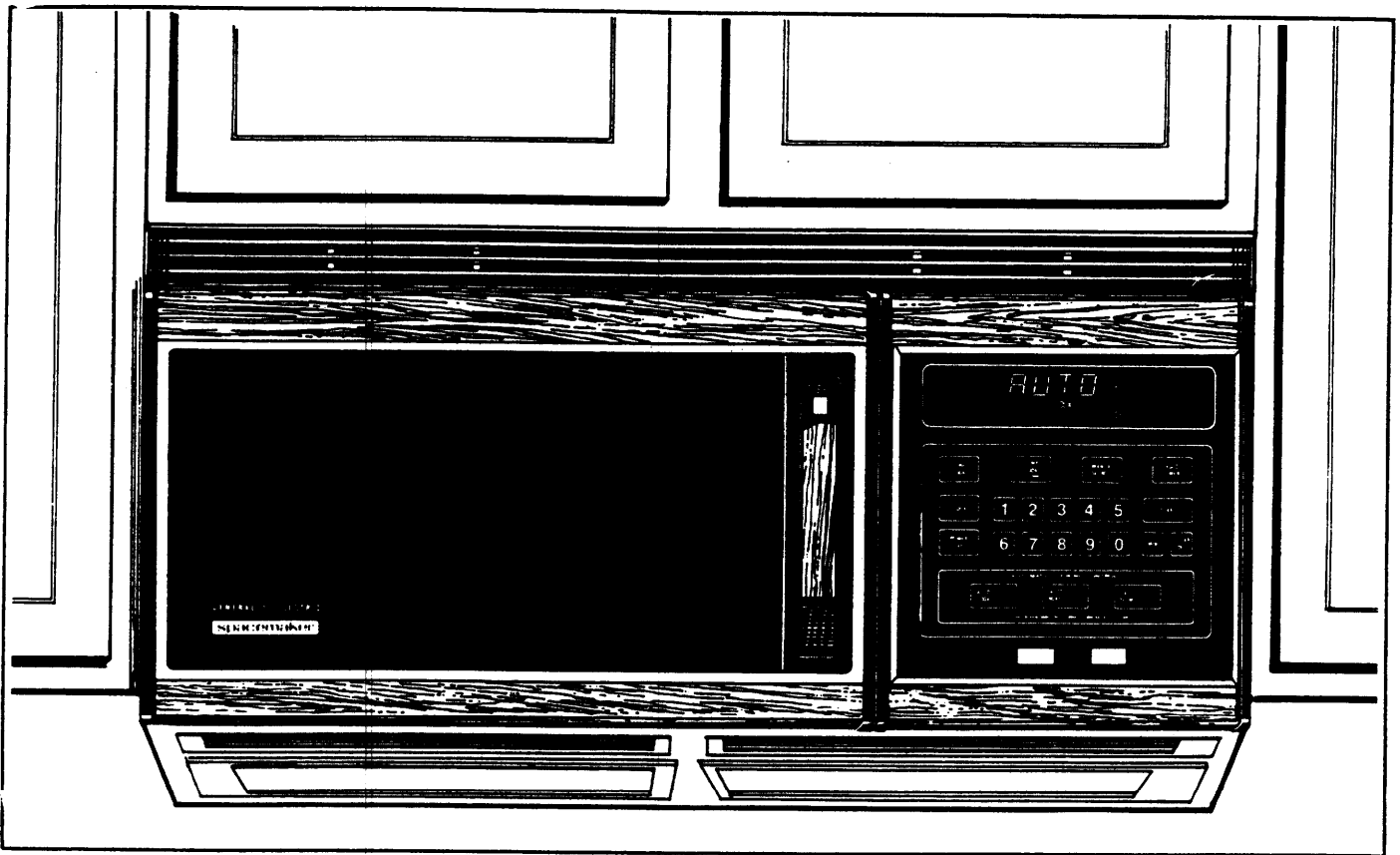
Q. Why doesn't the roast continue cooking during the standing or holding time?

A. The oven automatically reaches finished temperature and then decreases to a lower power level to prevent overcooking. Thus an even temperature is maintained.

Q. I entered Auto Defrost Code 1, then the number 4 for 4 lbs. of chicken. The readout flashed "Start" but when I touched Start "ERROR" flashed. Why?

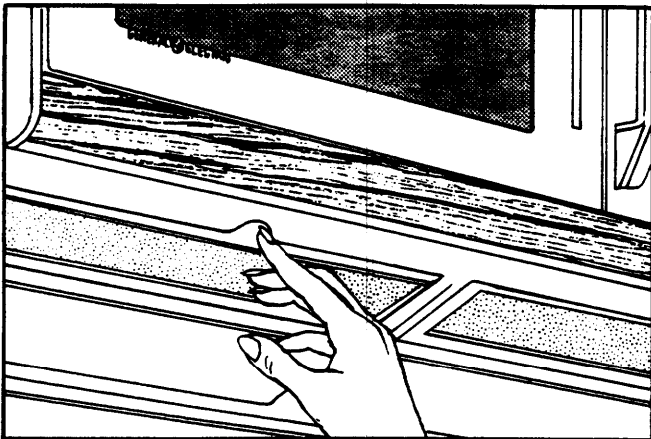
A. You must enter 4 and 0 denoting 4 lbs. Touch CLEAR/OFF and begin again. "ERROR" will also flash if an improper weight for that particular code has been entered.

The Exhaust Feature



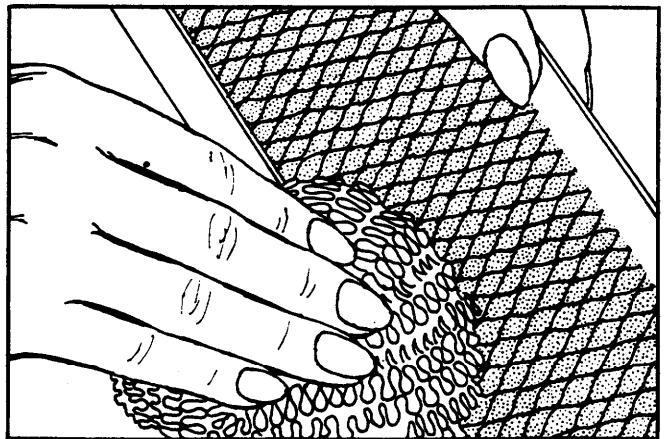
The exhaust hood feature on your GE microwave oven is equipped with a metal filter which collects grease. When the fan is operated, air is drawn up

through the filter and is then discharged through provided venting to the outside. The hood also has a light for illuminating the counter surface.



To remove grease filter, grasp the "finger hold" on the filter and push to the rear. The filter will drop out.

To replace grease filter, insert the filter in the top frame slot on the back of the opening. Push to the left and upward to snap into place.



Soak, then agitate filter in hot detergent solution. Don't use ammonia or other alkali because it will darken metal. Light brushing can be used to remove imbedded dirt. Rinse, shake and remove moisture before replacing. **Filters should be cleaned at least once a month. Never operate your hood without the filter in place.** In situations where flaming might occur on surfaces below hood, filter can retard entry of flames into the unit.

Care for Your Microwave Oven

Your New Microwave Oven is a Valuable Appliance, Protect It From Misuse By Following These Rules:

- **Keep your oven clean and sweet-smelling.** Opening the oven door a few minutes after cooking helps "air-out" the interior. An occasional thorough wiping with a solution of baking soda and water keeps the interior fresh.
- **Don't use sharp-edged utensils with your oven.** The interior and exterior oven walls can be scratched. The control panel can be damaged.
- **Don't remove the cover over the "stirrer" at the top of the oven (microwave feature 4 on page 5).** You will damage the oven.



BE CERTAIN POWER IS OFF BEFORE CLEANING ANY PART OF THIS OVEN.

How to Clean the Inside

Walls, floor and plastic cover. Because there is little heat except in the food, or sometimes in the utensils, spills and spatters are easy to remove. Some spatters can be removed with a paper towel, others may require a damp cloth. Remove greasy spatters with a sudsy cloth, then rinse and dry. Do not use abrasive cleaners on oven walls. **NEVER USE A COMMERCIAL OVEN CLEANER ON ANY PART OF YOUR MICROWAVE OVEN.**

Door-inside. Glass: Wipe up spatters daily, wash when soiled, with a minimum of sudsy warm water. Rinse thoroughly and dry.

Metal and plastic parts on door: Wipe frequently with a damp cloth to remove all soil. **DO NOT USE ABRASIVES, SUCH AS CLEANING POWDERS OR STEEL AND PLASTIC PADS. THEY MAY MAR THE SURFACE.**

Special note when using Brown 'N Sear Dish: High heat generated on bottom of Brown 'N Sear Dish can cause scorched appearing stains to bake onto the oven floor if grease is present. These may be removed with Bar Keepers Friend® Cleanser by SerVaas Laboratories, Inc.

After using Bar Keepers Friend® Cleanser, rinse and dry thoroughly, following instructions on can. Do not use Bar Keepers Friend® Cleanser on the painted surfaces such as the walls. It may scratch the paint.

Bar Keepers Friend® Cleanser is sold in many grocery, hardware, and department stores.

Automatic Temperature Probe. Probe is sturdy, but care should be taken in handling. Do not twist or bend; avoid dropping temperature probe.

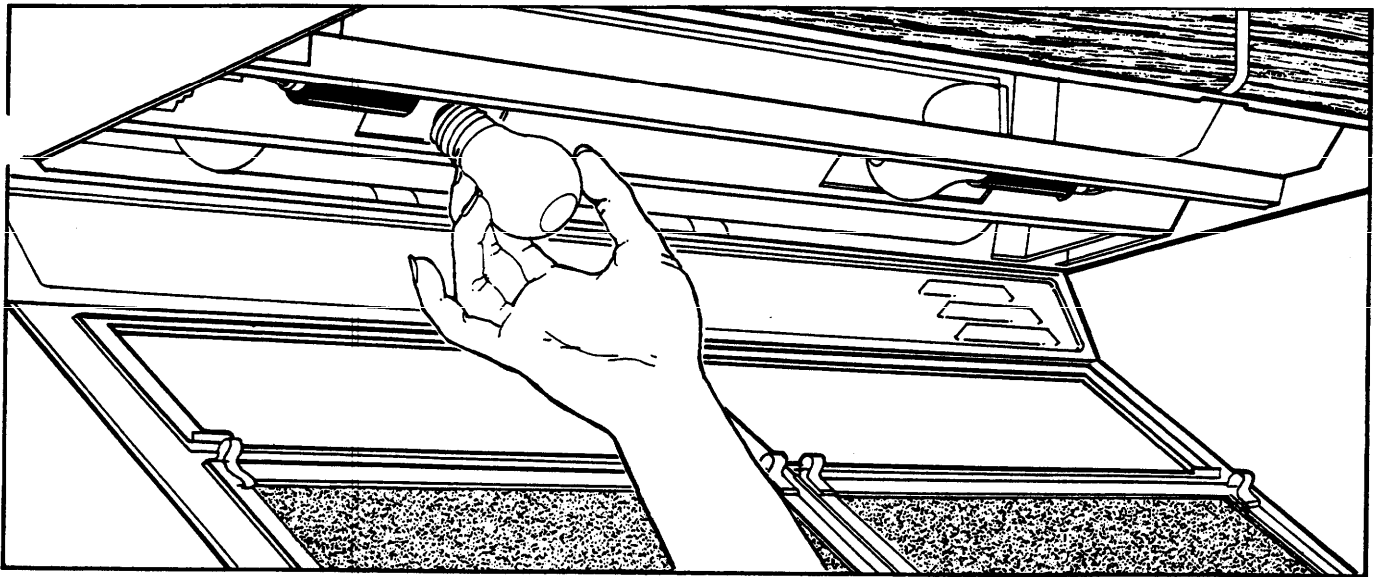
Clean as soon after using as possible. To clean, wipe with sudsy cloth, then rub lightly with plastic scouring ball if necessary. Rinse and dry. (Or wash in dishwasher.)

How to Clean the Outside

Case. Clean the outside of your oven with soap and water, then rinse and dry. The outer pane of the window is glass. Just wipe clean with a damp cloth. Chrome trim is best wiped with a damp cloth and then with a dry towel.

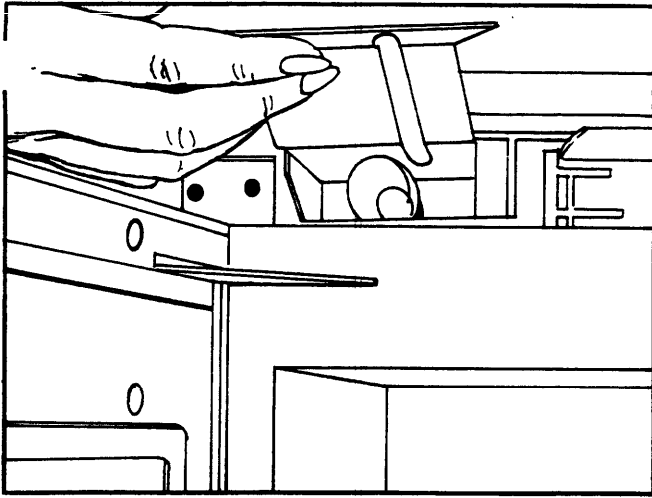
Control Panel. Clean the control panel of your microwave only with lightly dampened cloth. **DO NOT USE** cleaning sprays or large amounts of soap and water. These can cause problems with the control mechanisms.

Door Surface. When cleaning surfaces of door and oven that come together on closing the door, use only mild, non-abrasive soaps or detergents applied with a sponge or soft cloth.



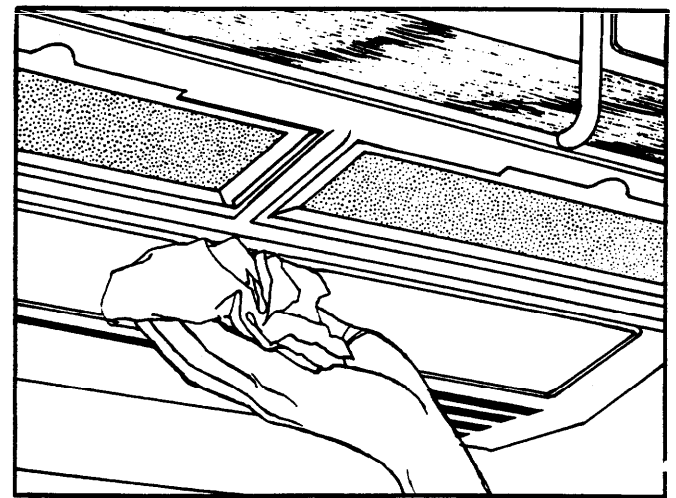
To replace hood lamp, first disconnect power at main fuse or circuit breaker panel or pull plug. Remove 2 screws from each side of lower panel and 3 screws from front edge. Lower panel until it rests on range below. Be sure bulb to be replaced is cool

before removing. Remove bulb or bulbs and replace with 40 watt appliance bulbs. Raise lower panel and replace screws. Connect electrical power to microwave oven.



To replace your oven lamp, first disconnect power at main fuse or circuit breaker or pull plug. Remove the top grill by taking off 2 screws which hold it in place. Next, remove the single screw on top left that secures lamp housing. (On models so equipped.) Open oven door for easier removal of the lamp housing assembly. Then grasp tab and pull out and up to clear door hinge and front lip of oven. To remove bulb, push it inward gently and turn to left, then pull outward from socket. Replace with GE Lamp # 25T8DC.

Do not attempt to operate the oven unless the grill is place.



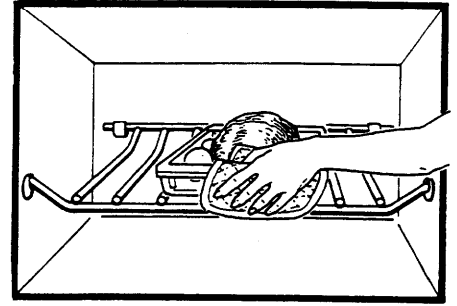
Clean off the grease and dust on hood surfaces often. Use a warm detergent solution. About 1 table-spoon of ammonia may be added to the water. Take care not to touch the filters and enameled surfaces with this. Ammonia will tend to darken metal.

Guide to Use of the Spacemaker® Shelf

The two-position wire shelf is specifically designed for added capacity heating and reheating in your Spacemaker® microwave oven. Now heating and reheating, which are the most popular uses of microwave ovens, may now be done in multiple quantities, so several foods are ready to serve at the same time.

When microwaving with the oven shelf, some techniques will differ from the cookbook which came with your oven. It is important to arrange foods properly, and this is shown on the next page. Utensil size is important; select from among the suggestions below. Also, food size should be considered; foods over 3½ inches high, or 3 pounds are not recommended for shelf cooking.

Batters and dough foods and also foods for oven meals using scratch recipes should be cooked without the oven shelf, following cookbook directions.

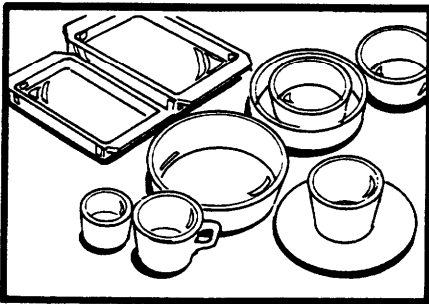


Use potholders when handling foods heated together with your oven shelf, especially when heating larger amounts of food in 8 inch square or other 2 quart size casseroles. Extra steam generated from multiple food cooking may make utensils hotter than with regular microwaving.

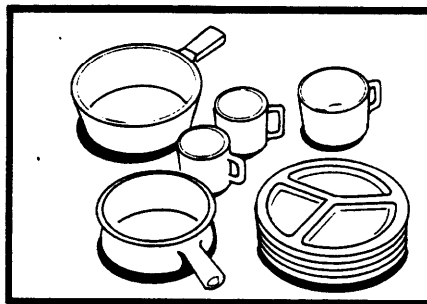
- Do not store or cook with metal shelf on floor of oven. Product damage may result.
- Use potholders when handling metal shelf and utensils. They may be hot.
- Do not use microwave browning dish on metal shelf.

Utensils for Shelf Heating and Reheating

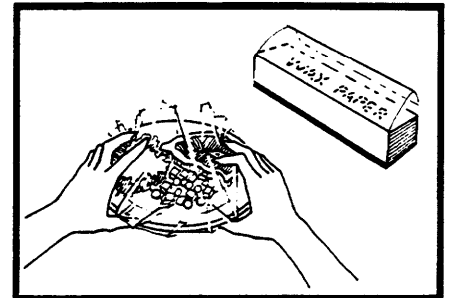
Before placing food in the dishes you plan to use for shelf microwaving, check to see that they will fit together on or under the shelf. Also, be sure utensils are microwave safe.



Casseroles for heating or reheating include 1 cup measuring cup, 8x4x3-inch loaf dishes, 9x5x3-inch loaf dishes or 9-in. pie plates.

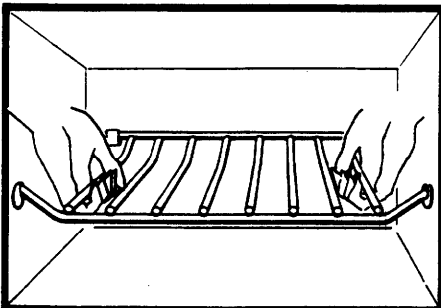


Leftovers may be placed in small individual ceramic or plastic bowls or divided plates.

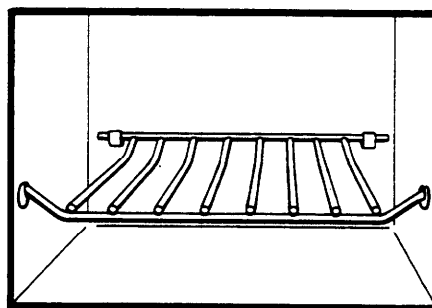


Use wax paper or plastic wrap instead of lids on casseroles. Lids may add too much height to dish.

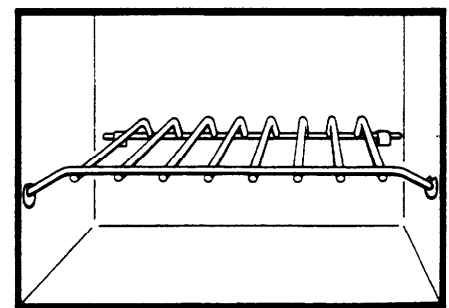
Shelf Positioning



To insert shelf, tip back slightly and fit into shelf supports on back oven wall. Set front of shelf on side supports as shown.

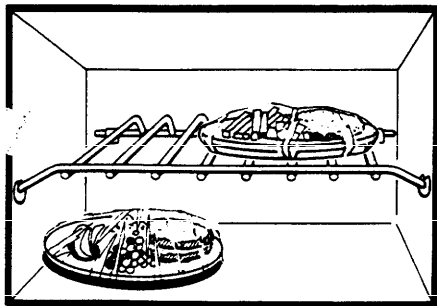


Shelf has two positions. Use in low position when heating two casseroles or reheating frozen TV dinners or entrees.

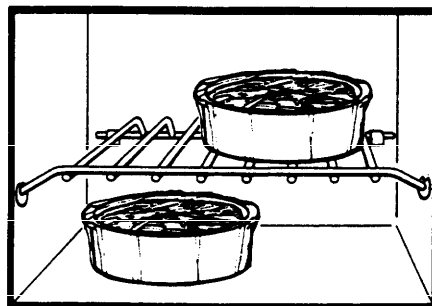


The high shelf position more evenly spaces the area above and below shelf. Use this position for heating plates of leftovers.

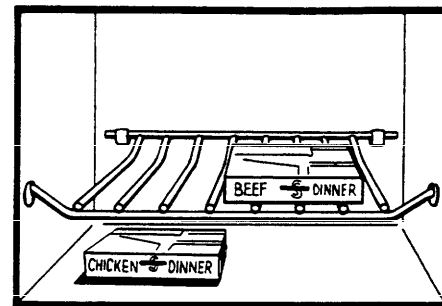
How To Heat or Reheat Similar Types of Food



Two plates of leftovers may be reheated together. Arrange thick or dense foods to outside edges of plate and cover with plastic wrap. Microwave at HIGH (10) for 3 minutes. Reverse position of plates (top to bottom) and rotate $\frac{1}{2}$ turn. Continue microwaving at HIGH (10) for 3 to 4 minutes. Continue heating, if necessary, until hot.



Reheating two casseroles (height should be less than $3\frac{1}{2}$ inches) is now possible. Cover with plastic wrap. Use staggered arrangements of food, placing food on right side of shelf and left side of floor. Refer to Heating or Reheating Guide (see inside front cover of cookbook) for suggested microwave time per casserole and add together the times. Microwave at HIGH (10), reversing position of foods (top to bottom) after half of time. Also, heat several smaller bowls of leftovers this way, stirring and reversing positions after half of time.



Two frozen individual entrees (5 to 7 oz. ea.) or **two TV dinners** (10 to 12 oz. ea.) are both ready to serve at the same time. Remove batter foods; cook these conventionally. Return foil trays containing food to boxes in which they were purchased. Place in oven with one TV dinner on right shelf and the second dinner on left floor. Microwave at HIGH (10) for 6 minutes. Reverse positions (top to bottom) and rotate foods $\frac{1}{2}$ turn. Continue microwaving at HIGH (10) for 6 minutes. Check dinners for heating. If one dinner seems less done than desired, return it to the box and continue heating on shelf 1 to 2 more minutes.

How To Reheat Several Different Types of Foods Together

When heating several different types of food together, foods which should be served hot must be placed on the oven shelf, while foods which are only warmed should be placed on the floor. This is because microwave energy enters the oven from the top only. Also, it is important to remember that foods absorb microwave energy at different rates. Rates can be affected by the size of the food, and its starting temperature.

Because of the varying rates you may need to start reheating a large or dense food a few minutes ahead of time, then add other smaller or less dense foods. Alternately, if one of the several foods you are heating seems under cooked but the others are heated satisfactorily, let the underheated food continue cooking.

Heat or reheat different types of food at HIGH (10). To determine heating times, add together times for all foods. (see heating guide inside front cover of cookbook) After half of time, stir or rearrange foods (do not reverse positions). Check foods (top shelf especially) after $\frac{3}{4}$ of total time and remove any which are done. Continue cooking others.

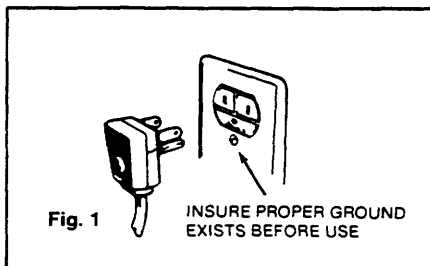


Place on shelf large or dense foods which need the most heating, such as leftover fried chicken, casseroles of canned or leftover vegetables, rice or pasta. Place on oven floor those foods which need only be warmed, such as bakery pies, rolls, muffins or breads.

GROUNDING INSTRUCTIONS

This appliance must be grounded. In the event of an electrical short circuit, grounding reduces the risk of electric shock by providing an escape wire for the electric current. This appliance is equipped with a power cord having a grounding wire with a grounding plug. The plug must be plugged into an outlet that is properly installed and grounded. (Fig. 1)

WARNING—Improper use of the grounding plug can result in a risk of electric shock.



Consult a qualified electrician or serviceman if the grounding instructions are not completely understood, or if doubt exists as to whether the appliance is properly grounded.

Where a standard two-prong wall receptacle is encountered, it is your personal responsibility and obligation to have it replaced with a properly grounded three-prong wall receptacle.

Do Not Under Any Circumstances Cut or Remove the Third (Ground) Prong From The Power Cord.

Do Not Use an Adapter Plug With This Appliance.

Do Not Use an Extension Cord With This Appliance.

All These Things Are Normal on Your Microwave Oven:

1. Steam or vapor escaping from around the door.
2. Light reflection around door or outer case.
3. Dimming oven light and change in blower sound may occur while operating at power levels other than high.
4. Dull thumping sound while operating at power levels other than high.
5. Some TV-Radio interference might be noticed while using your microwave oven. It's similar to the interference caused by other small appliances and does not indicate a problem with your oven.

The Problem Solver

To Save Time and Money— before you request service, check the Problem Solver

If you have a problem, it may be minor. You may be able to correct it yourself. Just use this Problem Solver to locate your problem and then follow the suggested recommendations.

PROBLEM	POSSIBLE CAUSE AND REMEDY
OVEN WILL NOT COME ON	<p>A fuse in your home may be blown or the circuit breaker tripped. Replace fuse or reset circuit breaker.</p> <p>Make sure 3-prong plug on oven is fully inserted into wall receptacle.</p>
CONTROL PANEL LIGHTED, YET OVEN WILL NOT START	<p>Door not securely closed.</p> <p>START must be touched after entering cooking selection.</p> <p>Another selection entered already in oven and CLEAR/OFF not touched to cancel it.</p> <p>Make sure you have entered cooking time after touching TIME COOK. CLEAR/OFF was touched accidentally. Reset cooking program and touch START.</p> <p>Temperature probe not inserted properly or not being used during Auto Roast or Temp Cook.</p> <p>Make sure you have entered desired finished temperature after touching TEMP COOK/HOLD.</p> <p>Make sure you entered a code number after touching AUTO COOK, AUTO ROAST or AUTO DEFROST.</p>
"ERROR" APPEARS ON READOUT	<p>When using Temp Cook, a temperature less than 80° or more than 199° has been entered.</p> <p>Door is opened during "AUTO" cycle of Auto Cook function. Close door and touch START.</p> <p>Weight is incorrect for Auto Defrost code on chart. It is necessary to reset oven.</p>
"PROBE" APPEARS ON READOUT	<p>Probe has been forgotten or not seated properly in oven wall when using Auto Roast or Temp Cook functions.</p>
FOODS ARE EITHER OVER- COOKED OR UNDERCOOKED	<p>Cooking times may vary because of starting food temperature, food density or amount of foods in oven. Touch TIME COOK and additional cooking time for completion.</p> <p>Incorrect Power Level entered. Check Cookbook for recommended Power Level or changing levels during cooking if necessary.</p> <p>Dish was not rotated, turned or stirred. Some dishes require specific instructions. Check Cookbook or recipe for these instructions.</p> <p>Too many dishes in oven at same time. Cooking time must be increased when cooking more than one food item. Check Cookbook for recommendation on increasing time.</p> <p>Dish not completely covered as directed during Auto Cook.</p> <p>Previous microwaving left humidity or moisture in oven, thus lessening the cooking time in Auto Cook function.</p> <p>Certain vegetables need a standing time after using Auto Cook. Check Automatic Cooking Chart.</p> <p>Oven door was opened during "AUTO" cycle of Auto Cook function.</p> <p>Probe not inserted properly into meat or dish when using Temp Cook or Auto Roast functions. Check Cookbook or Auto Roast section of this book for specific instructions.</p>

THE MICROWAVE COOKBOOK

Notes



Consumer Services

At General Electric we're committed to providing you with the best appliances we know how to build and we know that you want your appliances to give you many years of dependable service.

Our Consumer Services are designed with your needs and wants in mind.

1.

Warranty Protection

Before your new appliance left the factory, it went through rigorous tests to detect manufacturing defects.

And you have a written warranty to protect you. See the warranty on the back page of this book for details.

2.

Convenient Service

Whether your appliance is in or out of warranty, you're just a phone call away from our nationwide network of Factory Trained Service professionals.

Simply call our GE service organization. Look in the White or Yellow Pages of your telephone directory for GENERAL ELECTRIC COMPANY, GENERAL ELECTRIC FACTORY SERVICE, GENERAL ELECTRIC-HOTPOINT FACTORY SERVICE or GENERAL ELECTRIC CUSTOMER CARE® SERVICE.

Service can normally be scheduled at your convenience and the technician drives a fully-stocked parts service truck so that, in most cases, the repair can be completed in one visit.

We're proud of our service and want you to be pleased, but if for some reason you are not happy with the service you receive, here are three steps to follow for further help.

FIRST, contact the people who serviced your appliance. Explain why you are not pleased. In most cases, this will solve the problem.

NEXT, if you are still not pleased write all the details—including your phone number to:

Manager, Consumer Relations
General Electric
Appliance Park
Louisville, Kentucky 40225

FINALLY, if your problem is still not resolved, write:

Major Appliance Consumer Action Panel
20 North Wacker Drive
Chicago, Illinois 60606

3.

Service Contracts

For trouble-free service beyond the written warranty period.

If you prefer to budget your repair expenditures instead of being surprised by them, GE offers service contracts for varying lengths of time on all GE major appliances. With a contract, we'll keep your appliance in good operating condition during the contract period at no additional charge.



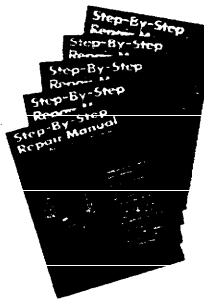
Service contracts let you pay today's prices for service a month, a year, or several years from now. And, you'll receive service from GE trained service technicians using only genuine GE parts. If you have any questions about Service Contracts, call **TOLL-FREE** 800.626.2224. (In Kentucky, call 800.292.2057.)

4.

The Quick Fix® System

You can save money and time by doing it yourself.

For do-it-yourselfers who would prefer to fix GE major appliances themselves ... GE offers an industry first, the Quick Fix® System.



A program for do-it-yourself appliance repair, the system includes *step-by-step repair manuals* for refrigerators, most non-microwave electric ranges, dishwashers, and standard and large capacity washers and dryers, plus *specialty packaged replacement parts*, and technical help with a *toll free 800 number*.

5.

Help For You By Phone

Should you need help in the selection and purchase of new appliances, or have questions about the operation of the GE appliances you now own—or have *any* other questions about GE consumer products or services, you are only a **TOLL FREE** call away.

The GE Answer Center™ consumer information service is open 24 hours a day, seven days a week.

Our staff of experts stands ready to assist you anytime.



Your Direct Line to General Electric
The GE Answer Center 800.626.2000

YOUR GENERAL ELECTRIC MICROWAVE OVEN/RANGE WARRANTY

Save proof of original purchase date such as your sales slip or cancelled check to establish warranty period.

WHAT IS COVERED

FULL ONE-YEAR WARRANTY

For one year from date of original purchase, we will provide, free of charge, parts and service labor in your home to repair or replace **any part of the microwave oven/range** that fails because of a manufacturing defect.

LIMITED ADDITIONAL FOUR-YEAR WARRANTY

For the second through fifth year from date of original purchase, we will provide, free of charge, a replacement **magnetron tube** if the magnetron tube fails because of a manufacturing defect. You pay for the service trip to your home and service labor charges.

This warranty is extended to the original purchaser and any succeeding owner for products purchased for ordinary home use in the 48 mainland states, Hawaii and Washington, D.C. In Alaska the warranty is the same except that it is LIMITED because you must pay to ship the product to the service shop or for the service technician's travel costs to your home.

All warranty service will be provided by our Factory Service Centers or by our authorized Customer Care® servicers during normal working hours.

Look in the White or Yellow Pages of your telephone directory for GENERAL ELECTRIC COMPANY, GENERAL ELECTRIC FACTORY SERVICE, GENERAL ELECTRIC-HOTPOINT FACTORY SERVICE or GENERAL ELECTRIC CUSTOMER CARE® SERVICE.

WHAT IS NOT COVERED

- Service trips to your home to teach you how to use the product.

Read your Use and Care material.

If you then have any questions about operating the product, please contact your dealer or our Consumer Affairs office at the address below, or call, toll free:

The GE Answer Center™
800.626.2000

consumer information service

- Improper installation.

If you have an installation problem, contact your dealer or installer.

You are responsible for providing adequate electrical, exhausting and other connecting facilities.

- Replacement of house fuses or resetting of circuit breakers.

- Failure of the product if it is used for other than its intended purpose or used commercially.

- Damage to product caused by accident, fire, floods or acts of God.

WARRANTOR IS NOT RESPONSIBLE FOR CONSEQUENTIAL DAMAGES.

Some states do not allow the exclusion or limitation of incidental or consequential damages, so the above limitation or exclusion may not apply to you. This warranty gives you specific legal rights, and you may also have other rights which vary from state to state. To know what your legal rights are in your state, consult your local or state consumer affairs office or your state's Attorney General.

Warrantor: General Electric Company

If further help is needed concerning this warranty, contact:

Manager—Consumer Affairs, General Electric Company, Appliance Park, Louisville, KY 40225